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Alum named MacArthur 'genius grant' recipient

By JACOB TOOK
News & Features Editor

Hopkins alumnus Greg Asbed was awarded a MacArthur fellowship, or a "genius grant," last week for his efforts to improve workplace conditions for farmworkers in Immokalee, Florida.

Every year, The John D. and Catherine T. MacArthur Foundation awards about two dozen $625,000 grants to individuals who have demonstrated "exceptional creativity" and "promise for important future advances."

> "Human rights are universal and should be universally enjoyed and protected."
>
> — GREG ASBED, MACARTHUR FELLOW

The MacArthur Foundation is a philanthropic organization that addresses global issues such as climate change, mass incarceration and threats to independent journalism. Recipients of the "genius grants" are anonymously nominated and selected by a committee, which has given 942 awards since 1981.

Asbed said that he is committed to improving human rights because of his family history as a first-generation Armenian American. His grandmother survived the Armenian genocide after being sold to a Turkish family when she was 13.

"In our family, the idea of universal human rights has always been a central tenet, sort of our family's 10 commandments," he said.

Asbed co-founded the Coalition of Immokalee Workers (CIW), a worker-based humans rights organization. Within CIW, he developed the Fair Food Program, a system that helps protect workers from human rights violations like workplace harassment, sexual assault and wage theft. Asbed elaborated on the conditions he observed on a tomato farm in Immokalee.

"The conditions in Immokalee back in the early '90s were horrendous, in the violence against workers, violence against women, sexual assault, sexual harassment, even cases of prosecuted modern day slavery," he said. "We worked to put 15 different crew bosses behind bars with federal prosecutors for holding people against their will and forcing them to work through violence and threats of violence."

Under the Fair Food Program, large produce buyers

SEE MACARTHUR, PAGE A4

AUTUMN AT HOMEWOOD

LAUREN QUESTELL/PHOTOGRAPHY EDITOR

As fall break approaches, the Homewood campus is finally starting to look and feel like autumn. See our photo essay on page A12.

How does Hopkins support fellowship applicants?

By MORGAN OME
News & Features Editor

Every October thousands of students apply for fellowships to explore new opportunities in their field of study.

At Hopkins, many students apply to fellowships like the Fulbright U.S. Student Program, which grants recent college graduates and graduate students the opportunity to study, teach or do research abroad.

In the 2016-2017 cycle, Hopkins was listed among the top schools in the nation with the most recipients of Fulbright scholarships. 52 Hopkins students applied for the Fulbright and 18 ultimately received the award.

The National Fellowships Program, a University office created in 2011, offers advising resources to help Hopkins undergraduates, graduates and recent alums prepare applications for many scholarships.

The office advises on 26 different scholarships, ranging from the Boren Scholarship for students studying underrepresented languages to the Baltimore Corps Fellowship, a year-long program in which fellows focus on social innovation in Baltimore City.

Kelly Barry, the director of the National Fellowships Program, said that they work with students over the summer to help them prepare for application deadlines in the fall.

"Many students aren't on campus so we're always working with them in other ways — Skype, email, phone, whatever it takes," she said.

Arielle Kaden, who graduated in December 2015, participated in the Fulbright Young Professional Journalist Program in Germany, researching the modern-day Jewish community in Berlin.

"As a Jewish person, I always thought of Germany as the place where

SEE FELLOWSHIP, PAGE A5

OMA tackles personal biases through interactive play

By SARAH Y. KIM
News & Features Editor

A week after celebrating its 25th anniversary, the Office of Multicultural Affairs (OMA) hosted *Defamation*, an interactive courtroom drama that has been performed over 300 times in schools and theaters across the U.S. The performance took place in the Levering Arellano Theater on Thursday, Oct. 12.

As a theatrical performance with professional actors, *Defamation* differs from OMA's typical diversity education programming, which often features guest speakers.

Assistant Director for Diversity Education Carla Hopkins said that she brought the play to Homewood in order to offer students a more interactive experience.

She explained that *Defamation* grapples with various social issues and intersects race, class, gender and religion.

"I thought it would be a different way of having the conversation," Carla Hopkins said. "We're watching a drama unfold that depicts what many people go through in terms of their perceptions and biases."

Defamation, which is produced by Canamac Productions and has drawn over 60,000 viewers nationwide, is set in Chicago. In the play, Regina Wade, an African-American woman from a working class neighborhood, sues her former employer for defamation after he accuses her of stealing his watch. The employer is a wealthy Jewish real estate developer named Arthur Golden.

The audience members, who were mostly students, acted as jurors and voted in full view of the actors and one another. Wade won the lawsuit by an overwhelming majority.

The jury's verdict was followed by a discussion session, in which audience members shared how their past experiences and biases factored into their decisions.

One student noted that some audience members were indecisive and stood up slowly to vote after looking around at other jurors. Another student added that some participants might have been too self-conscious to vote according to their real opinions.

However, playwright Todd Logan said that this was intentional and that he wanted to make self-consciousness part of the experience.

SEE DEFAMATION, PAGE A4

University-promoted app offers stress relief routines

COURTESY OF SAM FOSSUM

Calm offers guided meditation exercises to Hopkins affiliates for free.

By ALYSSA WOODEN
News & Features Editor

As part of an ongoing effort to make mental health resources more accessible to the Hopkins community, the Counseling Center has begun promoting Calm, an app that offers guided meditation, bedtime stories and music to help people relax and de-stress.

Earlier this year, a liaison from Calm contacted the Counseling Center and the Student Government Association (SGA) about sharing the app with Hopkins students.

Starting this semester, students, faculty and staff may subscribe to the app during the University's year-long free trial.

Christine Conway, associate director of outreach and sexual assault services at the Counseling Center, said that according to the company around 500 Hopkins affiliates have downloaded Calm since *The Hub* first advertised it on Oct. 4.

She said that the app can help people take a break from their busy schedules.

"We're multitasking, we're on our phones, we're doing multiple things at one time, and that can cause more stress," Conway said. "What this does is allow you to slow down a little bit and practice focusing on one thing at a time."

SGA Sophomore Class Senator Alex Walinskas also explained how students can use Calm in addition to other mental health resources on campus.

"Even if they're already using the Counseling Center or other ways to deal with mental health, it's another thing they can use during the day," she said.

Freshman Julia Marchyshyn, a member of the mental health advocacy group Yesplus, has used Calm in the past and

SEE CALM APP, PAGE A5

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Dangerously cute puppies

Puppies sold at Petland pet stores were found to transmit a harmful bacteria that infects humans. **SCITECH, PAGE B7**

Being black in white America

Jordan Britton shares how his experience growing up as a minority in a private white school exposed him to truths about society's attitude towards race. **VOICES, PAGE A8**

Argue the idea, not the writer

Copy Editor Diva Parekh argues that the cyberbullying of student writers for their viewpoints must stop. **OPINIONS, PAGE A11**

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Yale professor discusses cuisine in ancient Egypt

By PETER JI
Senior Staff Writer

Salima Ikram, a visiting professor of Egyptology from Yale University, held a talk on Egyptian food and drink in Mudd Hall on Tuesday. Ikram studied Egyptology and Archaeology at Bryn Mawr College and earned her Master's and Ph.D. from Cambridge University.

Her first book, *Choice Cuts: Meat Production in Ancient Egypt*, was about food in ancient Egypt, and she continues to specialize in that topic. At the talk, Ikram not only discussed what foods the Egyptians ate but also examined the behavior and culture of people around food.

Betsy Bryan, professor of Egyptian art and archaeology in the Near Eastern Studies Department, introduced Ikram.

Ikram said that food played a key role in Egyptian culture, just like it does in cultures today. According to Ikram, food can inform archaeologists about the lives of ordinary citizens of ancient Egyptian civilization.

> "Food was very important to mark any important event, whether it was your death [or] your birth."
> — SALIMA IKRAM, PROFESSOR

"Everyone knows that the most important thing in the world apart from air to breathe is something to eat, otherwise you would have made your way to the afterlife at great speed," she said. "To the ancient Egyptians, food was very important to mark any important event, whether it was your death, your birth, a God's feast day or anything else for that matter."

Information about ancient Egyptian food comes from a combination of artwork, animal remains and the vessels and tools used to prepare and store food. Ikram said that food is an interesting way to delve into one's psyche.

"Although we may be happily multicultural by now, sometimes even now our comfort foods come from our childhood and upbringing," she said.

Researchers also use artifacts to learn more about the Egyptians' food choices.

"You have some textual evidence in the form of offering lists, sometimes in shopping lists, and these are sometimes telling you the ideal story. So we don't know if it's true, but we know what people would have liked to have eaten had they had the chance," Ikram said.

Information can also be gained from human bodies and food remains themselves.

"By looking at physical anthropology on the body, one can learn a great deal about people's diets as well as their origins," she said. "We also have a lot of examples of ideal food in terms of mummified food offerings."

She said that they often placed food in tombs to travel with the deceased to the afterlife, explaining that the quality and cuts of meat, especially from cows, were a signal of social status. They prized fat for its high energy content.

The Egyptian elite added sheep and goat to their meat diet. Since there was no refrigeration technology, large cows were slaughtered and eaten quickly by a group of people or were salted and preserved in jars.

Ikram said that Egyptians forbade eating pig at certain times of the year since pigs were a potential source of disease. Meanwhile, fishing was restricted at times so that the supply could be naturally replenished.

"People who were looking at this material found that there are images of pigs," she said. "Certainly, pigs were eaten by the ancient Egyptians, and we do have that in the archaeological background."

Peasants ate *fuul*, chick peas, lentil, *mulukhiya* and dates, stewed with spices and flavored with fat. Milk, butter and cheese were produced. Delicacies included hedgehog, the ancient equivalent of foie gras and blood pudding.

Nobles also hunted for wild animals. She said it gave them status to kill and eat a normally violent animal such as a hyena.

"Egyptians captured animals, and these would be fattened up like other domestic animals. They would be tended, force fed, even hyenas. They would go into hyena dens, corral the pups, rear them and eat them," she said.

James Duguid, a graduate student in the Egyptian department at Catholic University, enjoyed hearing the speaker's wide range of knowledge. Although he does not study Egyptian food, he says the talk gave him insight into ancient Egyptian culture.

"Food is a very integral part of culture, you can't understand a culture without understanding the food. I don't study food in particular, but she covered a wide range of information from Egypt. A lot of it was new to me," he said.

Errata: Oct. 12 Edition

In the Oct. 12, 2017 edition of *The News-Letter*, in the article "Rally demands equal access to college for ex-convicts," Juliana Popovitz and Linda Tchernyshyov's names were originally switched in the article.

The News-Letter regrets this error.

Wilmer Eye Institute celebrates World Sight Day

COURTESY OF JESSI WILSON
Wilmer Eye Institute coordinators raised awareness for World Sight Day.

By ALYSSA WOODEN
News & Features Editor

The Wilmer Eye Institute (Wilmer), an eye clinic at the Johns Hopkins Hospital, celebrated World Sight Day last Thursday. Founded by the International Agency for the Prevention of Blindness (IAPB), the day was dedicated to directing attention to blindness and vision impairment.

To celebrate, Wilmer staff talked with patients and families about various research and patient care initiatives at the institute and accepted donations to support resident education. Staff also created print and online materials to market their initiatives.

According to the IAPB, 253 million people are visually impaired, and four out of five cases of blindness are avoidable. IAPB hopes to reduce the number of cases of preventable blindness by raising awareness and disseminating information on World Sight Day.

Jocelyn Davis, assistant director of development at Wilmer, stated that the goals of World Sight Day align closely with Wilmer's mission to contribute to ophthalmic knowledge and reduce suffering from blindness and vision loss.

"The day offered an opportunity for our team to cultivate and engage with staff and patients at Wilmer's satellite clinics, an audience that poses logistical challenges because the Development Office is located in East Baltimore," Davis wrote in an email to *The News-Letter*.

Wilmer also held an Ask Me Anything (AMA) forum on Reddit, where Wilmer residents answered vision and eye-related questions Reddit users submitted. According to Davis, people from all over the world joined the AMA.

"With questions ranging from the future of eye care to the solar eclipse to how dogs see, it was a great opportunity for the residents to entertain the queries of a curious general public while celebrating and raising awareness for World Sight Day," Davis wrote.

Davis, who worked on the planning committee for World Sight Day, enjoyed working to bring attention to the event by talking to patients and families at Wilmer's Frederick clinic.

"As a new member of the Development team at Wilmer, it was great to be a part of such a collaborative effort," she wrote.

Jillian Beam, assistant director of development at Wilmer, was on the World Sight Day organization committee. She and her team made sure there were marketing materials available at all Wilmer locations to promote World Sight Day and raise awareness about blindness and vision loss.

Beam also helped raise funds by sending emails to supporters, creating a website and advertising throughout Johns Hopkins Medicine. She said that funds raised on World Sight Day were used to support resident research.

"We do a lot of... research into patient care initiatives to make sure that our patients receive state-of-the-art care," she said.

In addition to World Sight Day, Wilmer is also involved in a number of community outreach and research projects. One program the institute offers is Screening to Prevent Glaucoma (SToP Glaucoma), where community members can come to a clinic for a free glaucoma screening.

Jessi Wilson, communications specialist in the development department at Wilmer, said that glaucoma screenings are especially important, since this disease is does not show symptoms until it becomes serious.

Another program is the Same-Day Appointment initiative, where community members can call Wilmer and go in for an appointment on the same day at one of the institute's nine locations. According to Wilson, same-day appointments are important because it is necessary to catch certain eye diseases early.

Wilson also discussed Vision for Baltimore, a partnership between a number of community organizations, including Baltimore City Public Schools, the Baltimore City Health Department and Hopkins to provide free eye exams and glasses to Baltimore students in preschool through eighth grade. Wilmer staff also provide replacements for broken or lost glasses.

In 2015, Wilmer conducted the Baltimore Reading and Eye Disease Study to measure the effects of Vision for Baltimore. The study found that the scores for reading skills of second and third grade students who received glasses increased more than those of students who did not receive glasses.

The Center for Nanomedicine at Wilmer is currently bringing together ophthalmologists, engineers and chemists to focus on finding new ways to deliver drugs to patients with eye diseases. Wilson mentioned that people sometimes have difficulty using eye drops due to arthritis or other conditions.

"You need to be very [consistent] with your drops in order to preserve your vision, so they're looking at ways to deliver drugs to the eye... so that the drops wouldn't be necessary, or the number of drops would decrease," she said.

Fells Point homes offer glimpse into Baltimore's past

By KATY WILNER
For *The News-Letter*

The Homewood Museum kicked off its Architectural Lecture Series with a talk by Bryan Blundell, the president of Dell Corporation, an architecture preservation firm, on Monday. This year's theme for the series is *African American Dwellings in the Antebellum Period*.

Blundell spoke about the historic Caulkers' Houses, located in the Fells Point neighborhood of Baltimore. Commonly referred to as the "Two Sisters Houses," these homes were built in 1797 and housed ship caulkers throughout the 1800s. Some believe that Frederick Douglass frequented these homes, since he lived in Fells Point and was a ship caulker.

Blundell said that when conducting research on restoration projects, it is important to maintain an open-minded approach, because each visit yields new information.

"We have to think about the people who lived in the house and how the house can tell us that story," he said.

Although the houses are mostly in ruins now, Blundell and his team were able to guess that the two homes were once connected and were adjacent to a second set of houses; there were a total of four houses side by side.

They arrived at this conclusion by using measurements from an old zoning map of the city, as well as deductive reasoning. After finding the inner framework of a window in the houses' plaster, Blundell's team inferred that there was once a small alley between the two sets of houses.

Blundell described how with the development of a horse-drawn trolley line a few blocks from these houses in the 1850s, the area experienced gentrification.

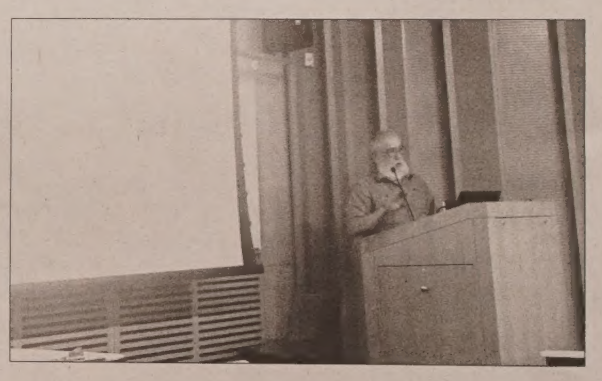
"The property value went up, so people started to fix up their houses," he said.

During this time, the style of homes changed. Houses were originally made to look like Tudor-style homes from medieval England. During the mid 1800s, however, new layers of paint and brickwork were placed on top of the foundation.

Blundell said that before this work was done, all the houses in Fells Point were of a similar old-fashioned Tudor design.

"Imagine walking down the street and seeing the dirt road and the whole street lined with these [Tudor style houses]," he said. "Are you in Fells Point or medieval England?"

Although the exteriors may look different, some of the original woodwork remains. Another component left intact from the remnants of these houses are the ceiling tiles. The shingles on the Caulkers' Houses are the original shingles from 1797.



COURTESY OF KATY WILNER
Blundell spoke in the Homewood Museum about the Caulkers' Houses.

When researchers removed the original shingles, they noticed that there are only two holes in the ceiling where each shingle was hammered in with two nails.

Blundell explained that researchers are using the original shingles to track down the sort of businesses that were prominent in the area and the people who owned these businesses.

"Could you imagine if we could find relatives of these people whose names we found?" he asked. "It turns the whole situation very personal."

The Dell Corporation is also partnering with Direct Dimensions Inc., a company that specializes in laser scanning. This allows the team to get precise measurements of the houses as well as digital line drawings of the property within an eighth of an inch's accuracy.

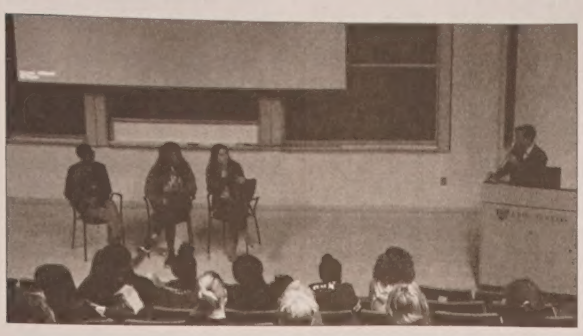
The Dell Corporation aims to elevate community involvement with this project by potentially opening it up to the public. The foundation hopes to reconstruct portions of the house for students and community members to come and interact with the historical property.

Blundell proposed taking the destroyed plaster and objects in the house that no longer were important to the research and to have students conduct experiments on them to see what each artifact was made of.

Marian Lipinski, a six-year member of the Homewood Museum, enjoyed attending the event.

"I come to these lectures every year," Lipinski said. "I'm interested in architecture and old homes and archeology. It's a personal thing and it's very fascinating."

Sophomore stars in local step dance documentary



COURTESY OF ALYSSA WOODEN
Giraldo, Grainger and Lipitz discussed their experiences making the film.

By ANNA GORDON
Staff Writer

The University hosted a public screening of the documentary *Step* in Schafler auditorium on Monday, Oct. 16. The documentary was filmed during the 2015-2016 school year and focuses on three high school students, Blessin Giraldo, Cori Grainger, and Tayla Solomon. Grainger is a current sophomore at Hopkins.

The film follows the girls during their senior year at the Baltimore Leadership School for Young Women (BLSYW) and documents their struggles as they apply for college and prepare for their step dance team competitions.

The film won the U.S. Documentary Special Jury Award for Inspirational Filmmaking at the 2017 Sundance Film Festival and was released in theaters on Aug. 4, 2017.

After the screening, Grainger and Giraldo held a question and answer panel along with Amanda Lipitz, the film's director.

University President Ronald J. Daniels introduced the panelists and explained why he felt it was important to hold the screening on campus.

"I think it's a great story. It shows the amazing institutions that you see all over Baltimore. People are doing amazing things," he said.

Giraldo said that in making the film, she felt it was important to give viewers a new perspective of Baltimore.

"A lot of people around the world... think Baltimore is scary, poisonous, drug-filled, violent," she said. "There are a lot of different layers to the city, and being an example of that is amazing."

For Lipitz, the death of Freddie Gray, a 25-year-old black Baltimore resident who died from injuries sustained in police custody, and the Baltimore Uprising were the primary reasons she decided to create the movie.

"I saw my home town burning on television, and it wasn't the Baltimore I knew," she said. "It certainly wasn't representative of what was going on at BLSYW and [of] these young women... so that's why we made the film."

Lipitz said that one of the most memorable moments for her was when she spent a day with the other competing step teams in Baltimore. She described her experiences getting to know the other competitors.

"They all said the same thing. They said, 'We don't want to be labeled as Baltimore girls. Now there's this whole other stigma attached to us and we don't want people to think that,'" she said.

Lipitz also explained that she was particularly appreciative of Hopkins' openness to filming on campus.

"Hopkins was so supportive of this film and so open to us coming and filming student orientation," Lipitz said. "There's a deleted scene that I never got into the movie of Cori and her dad sitting on the campus of Hopkins on her graduation day, and it's just an incredible scene."

Grainger also discussed the experience of having her everyday life filmed.

"At first it was very awkward. I didn't understand why [Lipitz] wanted to be in my personal space, in my room," she said. "It took a while to get used to."

Grainger also elaborated on how going on tour for the film has enabled her to network and find career opportunities.

"When we went to San Francisco, near the Silicon Valley area, because I'm majoring in computer science and when I said that the entire audience just went crazy because that's the computer science tech hub," she said. "*Step* has done so many things for us."

Trevor Noah reflects on politics and race relations

By MORGAN OME
News & Features Editor

Trevor Noah, host of *The Daily Show*, spoke with John Eligon, a national correspondent who writes about race relations for *The New York Times*, as part of "Get With the Times," an event co-hosted by *The Times* and the Medill School of Journalism, Media, Integrated Marketing Communications.

The event took place at Northwestern University and was live streamed at over 100 college campuses across the country.

Hopkins hosted two watch parties, one at the School of Medicine and one at the Homewood Campus.

Noah began by reading a chapter from his memoir, *Born a Crime*, in which he described growing up in South Africa during apartheid. He then spoke about how his perceptions of African Americans changed after he moved to the U.S.

"I didn't understand why black Americans would aspire to Africa," he said. "You don't realize how many black Americans have been robbed of a place they believe to be home and a culture and a story."

Eligon asked Noah about how U.S. President Donald Trump has impacted race relations.

"Do you think in some ways that the Trump presidency can be seen as a good thing, in that it exposes rifts that people thought were gone and in the past?" Eligon asked.

In response, Noah said that he is optimistic that the American people can overcome the difficulties that the Trump administration has created.

"Donald Trump is president and in many ways, has emboldened racist people all over America," he said. "What good can come from it is, in my opinion, is that conversations can no longer be masked."

> "I feel like everyone has safe spaces. Your safe space is just where you define it."
> — Trevor Noah, Host of "The Daily Show"

Noah believes that the election has had a profound impact on the country.

"Donald Trump is forcing people to choose. He is slowly testing the resolve of people," Noah said.

Although Noah believes that the U.S. has made much progress in including minorities, he emphasized that there is still much work to be done.

"I don't think society needs everyone to move forward," he said. "Often times you will have the people who are left behind and they are forced to come with. They're going to be dragging the rear end of society and then there will be those at the forefront. Most people, I would argue are in the middle, but they're also moving forward."

COURTESY OF ALYSSA WOODEN
Watch parties for Noah's talk occurred at Homewood and the med campus.

Eligon asked Noah to share his thoughts on the term "safe spaces" that has been accepted at some universities but rejected at others. In response, Noah said that people are misled into thinking of "safe spaces" as exclusively liberal communities. He also criticized the notion that people use "safe spaces" because they are "soft."

"The term safe spaces is used many times to reference spaces where ethnic minorities are hanging out," he said. "I feel like everyone has safe spaces. Your safe space is just where you define it... it's just a group of people who say 'we have a shared identity, we have a shared idea.'"

Noah then responded to college students who had submitted questions via video. One student asked how students can have constructive and impactful classroom discussions. In response, Noah encouraged students to practice empathy.

"One of the hardest things to do as people in a discussion or debate is operate from the point of view that the person you are speaking with is a human being," he said. "What really helps is thinking to yourself, 'What if I'm wrong?'"

Freshman Patrick Rao, a frequent reader of *The Times* and a fan of *The Daily Show*, attended the watch party in Charles Commons to hear Noah share his thoughts on the current political climate.

"This conversation was very topical and relevant right now," he said. "It's a divisive time in American politics."

In particular, Rao appreciated hearing Noah talk about why safe spaces are important for people of all backgrounds.

"He cleared the air, gave some insight into what a safe space really is beyond all the bluster that people use," he said. "It's usually used in a negative connotation. That was insightful."

Freshman Anna Burkholder enjoyed hearing Eligon and Noah discuss race relations today without dwelling too much on the current presidential administration.

"I was glad they didn't touch too much on the presidency. That's very overdone. You can talk all you want about Donald Trump and get nowhere," she said. "It was good they focused more on race itself and the progress that we as a society have to make versus what Donald Trump is doing to counteract that progress."

At the School of Medicine, Kimberly Arnold, a graduate student, liked that Noah and Eligon's discussion touched on issues specific to college students.

"I was interested in attending the event to hear [Noah]," she said. "Having honest conversations on college campuses — I feel like that doesn't happen enough... I wish there had been more students to get more perspectives."

Katrina Brooks, the community relations director and youth coordinator for the Center for Adolescent Health at the Bloomberg School of Public Health, helped organize the School of Medicine's watch party. She hoped that young people would engage in more conversations about race, especially in Baltimore.

"A lot of the issues that we're dealing with in Baltimore have racial undertones," she said. "When I got this invitation from the *NYT* [*New York Times*], I talked with the youth leaders in our network and they thought it would be a great opportunity to invite the community in and to have a conversation with us."

Alyssa Wooden contributed reporting.

Singer talks life after lung transplant

By KATY WILNER
For *The News-Letter*

Soprano and alumna of the Peabody Institute Charity Sunshine Tillemann-Dick spoke about her new memoir, *The Encore: A Memoir in Three Acts*, at Barnes & Noble on Thursday, Oct. 12. She shared her experiences being a professional singer after receiving a double lung transplant and fighting cancer.

The book is organized as an opera in three acts. It focuses on four types of encounters with love: the love between a mother and daughter, a man and woman, a doctor and their craft and a singer and their music.

When she was twenty years old, Tillemann-Dick was diagnosed with idiopathic pulmonary hypertension, a rare disease that elevates artery pressure. She discussed the implications of her diagnosis.

"The disease happens when there's a thickening in the endothelium of the lungs," Tillemann-Dick said. "It is a one in a million kind of disease."

The disease forces the heart to work harder to pump blood to flow through the lungs. This caused Tillemann-Dick's heart to grow to an abnormal size.

"The right side of my heart is three and a half times bigger than it was supposed to be," she said. "I was like the anti-Grinch because my heart was so big."

Tillemann-Dick had left her home in Denver and was studying opera in Budapest, but she moved back to the U.S. to receive treatment in Baltimore, where she attended and graduated from the Peabody Institute.

"I found a doctor at Johns Hopkins Hospital who was running a trial that I really wanted to be in," Tillemann-Dick said. "The Peabody thing fell into place."

The treatment option Tillemann-Dick pursued was a dual bilateral lung transplant. This meant that she would have to sing with a set of someone else's lungs.

Due to her transplant, Tillemann-Dick's immune system was severely compromised and, as a result, she developed skin cancer. Because of her compromised immune system, she avoids touching other people's hands and instead greets people with a fist bump or by shaking their wrist.

"A cold for you is at least a hospital visit for me and maybe rejection and maybe dying," Tillemann-Dick said. "I am very aware of how fragile my life is. But I am still alive fourteen years after I was diagnosed with a condition where I was supposed to live two to five years tops."

Tillemann-Dick's story has been covered by news sources such as *The Washington Post* and CNN. She also gave a TEDMED talk in 2010 that has over half a million views on TED's website.

She has also performed in venues across the world, including the Kennedy Center in Washington, D.C., the Rose Theater at Lincoln Center in New York City, the National Symphony Hall in Budapest and the U.S. Embassy in Beijing.

"I'm doing what I love," Tillemann-Dick said. "I am married to the most wonderful man. I sing, I write, I tell stories and I create. At the end of the day, I think that's why we're all here. It's our birthright to bring beauty into the world."

Alum receives grant for workers rights project

MACARTHUR, FROM A1

like Walmart or Subway pay a small premium and enter a binding agreement with growers. These premiums are used to enforce an agreed upon code of conduct, which requires buyers to suspend purchases from those who fail to comply. The program allows workers to hold their employers accountable for better workplace conditions without fear of losing their jobs.

Asbed said that the commitments of these big buyers, which also include Bon Appétit, the dining facility caterer for the University, have allowed them to essentially eliminate workplace sexual assault and harassment and make sure that workers are paid a fair wage.

"We've created something of a private legal system to define, monitor and enforce human rights in the agricultural industry without having to rely on the government," Asbed said. "We have created a system based on market power."

He emphasized that he was not alone in the efforts to institute the Fair Food Program and credited the program's success to the community of workers, consumers and retailers.

"The community was looking for change, looking for some way to have a voice at work, to have a job where they could enjoy dignity and respect," he said. "That's been made possible by the organizing of this community, the incredible creativity and fierce determination of this community to change their own lives."

Asbed is currently developing the Worker-Driven Social Responsibility Network, which aims to spread systems like the Fair Food Program to underrepresented workers around the world to improve the livelihood of millions.

Asbed said that he feels lucky to be part of a community which shares his vision of universal human rights.

"Simply this idea that human rights are universal and should be universally enjoyed and protected — we all have a role in making that happen," he said. "When you have a conversation about that with people, [they] are immediately understanding."

Recently there has been a similar campaign at Hopkins to gain fair wages, job security and housing benefits for subcontracted workers such as those employed by Bon Appétit in the Fresh Food Cafe or Nolan's.

Asbed said that the theory of subcontracting makes sense economically but leads to poor wages and benefits for employees. He encouraged students to engage with workers at Hopkins.

"That's an excellent way for students, while they're on campus, to stay connected to the world," he said. "A lot of times students are so consumed with what they're studying that it's hard to even see the people that are working to make the whole system they live in possible."

Though Asbed studied neuroscience as an undergraduate and later attended the School of Advanced International Studies (SAIS), he went to Haiti after graduation and saw the poor conditions of workers there.

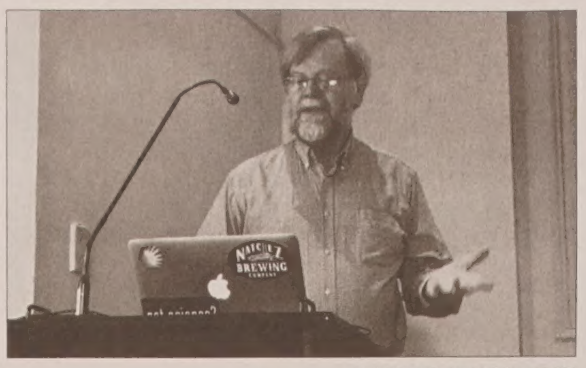
He said that his experiences in Haiti helped him form a connection with the world outside of academia.

"I left myself open to the world and to where the world might take me if I listen to it," he said. "There was a connection to a community, to a place and to the world that somehow nourished in me a path that I didn't see while I was living here in the United States and going to college."

He said that students should question the opportunities that seem easy to pursue and allow themselves to be open to new experiences that could take them in unexpected directions. He said that in natural and social sciences, it is important for students to question themselves.

"Ideology untested is just some fine-sounding ideas," he said. "If you want to see real change happen you can't rely on ideology — you have to see what works. You have to test it and see what actually moves the ball forward."

Scientist dicusses Amazon rainforest research



COURTESY OF JACOB TOOK
Richard J. Norby will conduct the Free-Air CO2 Enrichment experiment.

By JACOB TOOK
News & Features Editor

The Portuguese Language Program and the Program for Latin American Studies hosted researcher Richard J. Norby to speak on Monday about his upcoming project in the Amazon rainforest.

This project, called the Amazon Free-Air CO2 Enrichment (FACE) experiment, explores the effects of higher levels of carbon dioxide (CO2) on plant life in a section of the Amazon rainforest.

Norby works in the Environmental Sciences Division of the Oak Ridge National Laboratory, an American laboratory sponsored by the Department of Energy that focuses on researching solutions to energy and security problems.

Norby explained that scientists are largely uncertain about the fate of the Amazon rainforest, describing it as a wild card in the subject of climate change.

If the warming climate leads to a lack of moisture, plant life in the forest may die and release large amounts of CO2 into the atmosphere, accelerating global warming.

Alternatively, this process might lead to more fertile plant life, causing the Amazon rainforest to consume more CO2 and slow the effects of climate change.

Norby hopes to find that increased CO2 levels will fertilize plants in the rainforest and allow them to consume greater amounts of the gas.

"A lot of analyses consider the Amazon rainforest an important tipping point in the system," he said. "We think that increasing CO2 concentration could buffer the Amazon forest against a lot of the deleterious effects of climate change and thereby favor the long-term permanence of the forest."

He said that scientists are uncertain about the effects of increased CO2 on the rainforest because it is difficult to replicate the process of global warming in a closed experiment.

"Climate change is pushing the temperature out to where there are no plants on Earth living under those regimes now," he said. "There's no current climate that's an analogue to the future and that increases the uncertainty and increases the push to try to understand this better."

In the FACE experiment, which has already been carried out in different locations around the world, mostly in the U.S. and Europe, researchers aim to raise the CO2 levels in a small section of forest to monitor the results.

At the site in the Amazon, researchers have constructed a ring of towers to increase the amount of CO2 in the rainforest canopy. The area, about 30 meters in diameter, can be closely observed by researchers.

Norby said that he enjoyed exploring the plant life and wildlife of the rainforest.

"It's a really cool place, I really enjoy being there," Norby said. "There's a lot of what I like to think of as magical plants that we just don't see in Baltimore, and of course some very cool wildlife. It's been a great place to work."

Norby explained that the project was more difficult to carry out in the Amazon than in other sites in the U.S. because of the significantly higher number of plant species at the site.

He said that the infrastructure of Brazil, such as the road leading to the research site, is more difficult to work with and added that they were also uncertain about funding.

The first stage of the experiment, Norby said, was funded by the Inter-American Development Bank, an institution that supports development in Latin America. However, after they rescinded their support, Norby said his team had been looking for alternative sources.

"That's one of the reasons there haven't been experiments in the tropics before — it's more expensive and it's hard to get the U.S. government to support it," he said. "There aren't any congressmen that have tropical rainforests in their backyard, so it's a little bit harder to sell within the U.S. funding sources."

He said that their main sponsor in the U.S. had been the Department of Energy and added that they had not gotten support from the Environmental Protection Agency (EPA).

"Even in the past, the EPA hasn't supported it," he said. "If they never did in the past, they certainly don't now because they don't believe in [climate change]."

Alina Andrews, a junior in the Latin American studies department, said that the Amazon was the ideal place for Norby to conduct his experiment because it has a wide range of plant life and wildlife.

She added that Norby's visit was important because of the current political climate in the U.S., saying that it is important to take the issues seriously.

"It's really relevant right now because obviously we have an administration that doesn't really believe in... greenhouse gases," she said. "What we know about Brazil is partying and samba and music and culture, but we don't really get into the environmental issues."

Freshman Lana Weidgenant said that discussions of climate change often focus on the Arctic, as well as North American and European polar regions.

"It's important that people also realize that the effects are worldwide, especially in areas that are known for being natural forests and things that we want to preserve," she said. "I really appreciate the international focus, not just talking about the United States but how it's affecting natural lands around the world."

Freshman Giuliana Nicolucci-Altman said that it is important for students to get perspectives like Norby's, rather than only learning about climate change on TV.

"In our political climate of our politicians denying climate change, it's becoming increasingly important to have experts in the field come talk to students to expose them to the reality of the effects of climate change and bring them closer to what that reality might be," she said.

She agreed that the international focus is important, particularly considering Norby's difficulty with finding funding for his project.

PUBLIC DOMAIN
The experiment will show the effect of higher levels of CO2 on plant life.

Courtroom drama addresses biases

DEFAMATION, FROM A1

Carla Hopkins commented on what *DEFAMATION* demanded from students who may be more reserved about sharing their opinions on controversial issues.

"We talk about diversity and inclusion, but sometimes we don't talk about what keeps us from having a conversation," she said. "Sometimes what keeps us from having a conversation is that we fear being judged for having an opinion."

> "I think it put the idea of social justice in a very pragmatic light."
> — DIVYA BARON, SOPHOMORE

She said that the interactive nature of the event may have been a surprise to students.

"I believe people just thought we were just going to vote," she said. "The conversation that ensued was thought provoking and it really made me happy that our student population are such great critical thinkers... they were bringing up things I don't think even the actors thought about."

Sophomore Divya Baron, who attended the event, said that as an initiative by OMA, it was unprecedented.

"There hasn't been anything like this," she said. "I think it put the idea of social justice in a very pragmatic light."

She reflected on what factors led to the jury's decision. For example, she described Hopkins as a liberal institution that tends to focus on. Baron also felt it was possible that peer pressure played a part.

While noting that people of color might have found it easier to empathize with Wade due to shared experiences of racial and ethnic discrimination, Baron emphasized that racial identity was not the sole determinant of jurors' decisions.

"You can't just define someone by their race and say they're going to vote a certain way because they can identify with the ethnicity of the person," Baron said. "That's a discredit to the people who are voting, boiling it down to the color of your skin or how you identify."

Sophomore Sean Stielow was drawn to the event's theatrical nature and its pertinence to today's politics. He was not surprised by the jury's decision.

"The audience that came out feel a certain way already," Stielow said. "I'm glad certain people [voted for Golden] because it shows Hopkins isn't completely skewed one way."

He also felt that, as a play, the event allowed people to voice opinions without getting confrontational.

"It was nice to see it not on a debate level but how it played out into a form of entertainment, so people weren't being as combative as far as talking about it." he said.

Carla Hopkins was pleased with the turnout and felt that the audience was very diverse. However, she feels the event would have benefited with administrators, faculty and staff in the audience.

"That would make for a different type of discussion, a richer discussion if we had different generations," she said.

Increasing engagement from faculty and staff with OMA events is one of Carla Hopkins' broader goals. She also wants to introduce more educational events to get students more involved.

She said that positive student feedback she received following *DEFAMATION* has encouraged her to pursue creating similar programs.

"They want more of that type of thing. They've put me to work," she said. "I've now got to put my head around how do I create more of that."

One method she is considering involves partnering with professors and having them incorporate OMA events in their classes. However, she added that she also enjoyed observing what sorts of students came on their own accord.

"This is our first time out with a program like that and I wanted to see what kinds of students would be interested in showing up," she said.

Other diversity education initiatives OMA may hold include a two-hour poverty simulation in which participants are assigned an identity, attributed a certain amount of money and given a real-life scenario.

Carla Hopkins wants to encourage greater student participation in the community and help them apply diversity education to everyday life.

"Where we have turned the page is we are not so much wanting to pump out programs, but we're wanting to provide experiences," she said. "An experience is something that is longer lasting, sustainable."

Baron felt the event made racism and discrimination more visible to students.

"We live in a bubble where Johns Hopkins students are less likely to be facing the kind of difficulties that other people of color outside of this very liberal and elite institution," she said. "It made it quite relatable to people and reminded them there is racism and it does exist in every aspect of your life."

Former CIA analyst talks U.S. policy in Middle East

By ANNA GORDON
For *The News-Letter*

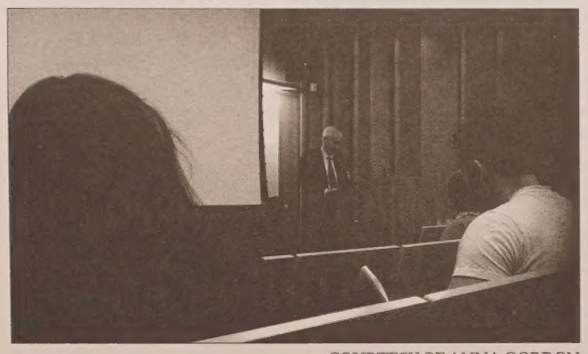
Paul Pillar, a former CIA analyst, spoke about U.S. involvement in the Middle East at a talk titled "Why America Misunderstands the Middle East" on Wednesday. The Hopkins chapter of the John Quincy Adams Society, a student group that seeks to provide a nonpartisan perspective on international politics, hosted the event.

Pillar argued that American foreign policy often fails because the U.S. historically has not faced the same competition for land and resources as many other countries.

"We Americans have had it good in regards to other aspects of our geographic and physical circumstances," he said. "As for our geographic expansion, a lot of it just plopped into our laps."

He specifically addressed the Israeli-Palestinian conflict, which began in the mid-20th century. Many believe that Israel has a religious claim to the land currently known as Palestine, while others are opposed to Israel's militarized occupation of some Palestinian territory.

Pillar explained that many prominent Israeli leaders have acknowledged that both Israel and Palestine have some claim to the land, including the first Israeli Prime Minister David Ben-Gurion. This counters the belief of some that Palestinians have no claim to that land.



COURTESY OF ANNA GORDON
Paul Pillar, a former CIA analyst, spoke about Middle-Eastern relations.

According to Pillar, the best course of action for American foreign policy would be for Americans to recognize the Palestinians as a people and, from there, work toward neutral answers to the conflict. One such possibility is a two-state solution in which both Israel and Palestine coexist at peace with one another.

"American politicians say that Palestinians don't exist," he said. "As with many matters involving Israel, Israelis themselves have been much more open and frank than the Americans have been."

Pillar also said that the U.S. makes a critical mistake in assuming that other countries will be receptive to liberal democracy, like with Iraqi-Iranian relations. He explained that many American policymakers do not realize that, because Iraq and Iran fought a war against one another for eight years, their reasons for having more diplomatic relationships with each other now should not be seen as a threat.

"The perspective so often in the United States right now is that the Iranians have too much influence in Iraq and we need to do something about that," he said.

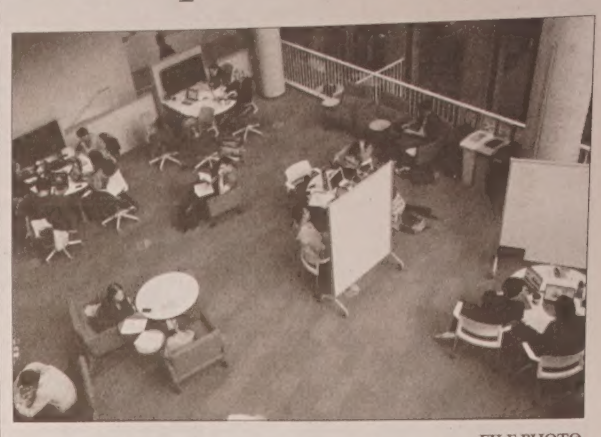
Junior Vrshank Ravi appreciated Pillar's perspective but wished that the lecture had focused more on the moral consequences of U.S. action.

"If you're going to war in Iraq, you are killing tons of people," he said. "Nobody talks about it like that, which I found very shocking."

Sophomore Isaac Tong, co-director of marketing for the John Quincy Adams Society, explained that the event was in line with the club's main objectives.

"The organization allows students to have opportunities to be more educated about foreign policy," Tong said.

Calm app provides free subscription to students



FILE PHOTO
Calm is available as a mental health resource for the Hopkins community.

CALM APP, FROM A1

believes that it will be beneficial in helping students relieve stress.

"It's a really good break from studying... to meditate for five or 10 minutes," she said.

Marchyshyn also said that YesPlus supports Calm and is working to promote it on campus. She added that it is important to encourage students to use mental health resources.

"I see a lot of stigma around mental health, especially on this college campus," she said. "I feel like people don't think it's as important as it is, and I would just like to see people trying to better help themselves."

After Calm reached out to SGA about publicizing the app, Walinskas and fellow Senator Maya Foster presented Calm to SGA and brought up the possibility of endorsement. Foster believes that it would be a good idea to market Calm to the student body.

"I was a strong proponent for sharing this information and learning more about the app and how it would help students," she wrote in an email to *The News-Letter*.

Walinskas noted that SGA is not currently endorsing Calm but is considering it as one of a number of mental health initiatives to be marketed in the coming months.

"We think it's a great resource to have for free, but we're waiting to develop a comprehensive list of resources before we go and push it out, so it's not the only thing that we're endorsing," she said.

Foster wrote that reception to Calm was not wholly positive within SGA when she presented it to the Senate. Members questioned the purpose of sharing an app that may not be free after this academic year.

Some advised that SGA focus more on advertising apps it was already endorsing, such as Atrium. Founded by two Hopkins students, the app connects users struggling with mental health to peers and licensed therapists.

SGA is currently in the process of reviewing the Mental Health Task Force draft recommendations that were released this spring. Both Walinskas and Foster discussed other mental health initiatives SGA is working on, like further promoting the Counseling Center and handing out snacks in the Brody Learning Commons during exam periods.

"Before we actually go out with any communications on mental health resources this year, we're just trying to make sure that we all get to the same page as a body on what we want to promote," Walinskas said.

According to Conway, Calm does not currently know if it will continue to offer the app for free next year. Depending on Calm's popularity, Hopkins may consider subsidizing the app, which means that students may have a discounted or free subscription. Typically, a subscription to Calm costs $60 per year.

"Maybe there's a way to see who's using it and see how they like it before a decision is made about next year," she said.

Free subscription to Calm is currently offered at a number of other college campuses, including Princeton University and New York University.

Fellowship applications prompt student self-reflection

FELLOWSHIP, FROM A1

the Holocaust happened," she said. "I wanted to challenge myself and view Germany as a home for myself rather than a place that I feared. It was as personal for me as it was academic."

As an undergraduate in the Writing Seminars program, Kaden received several research awards, including the Woodrow Wilson Fellowship. The summer after her junior year, she traveled to Poland, Germany and France to interview Jewish people about their post-war experiences. She said her Fulbright research built upon her undergraduate experiences.

Kaden credits much of her success to the National Fellowships Program. As a writer, she felt that the resources the office provided were valuable.

"I must have had 15 drafts of my essay read by Kelly Barry," she said. "I think students at Hopkins have an incredible opportunity to improve their chances of getting a Fulbright by working with the [National Fellowships Program]. The people in that office know what they're doing."

For Barry, the number of students receiving scholarships each year is not the way she measures success.

"We have great students who become great applicants and it makes sense that we have so many winners. But that is not our mission," she said. "Our mission is to help students learn and develop skills through the application process. That's the only thing we can control because most of these competitions are so fierce."

Barry elaborated that by applying for fellowships, students have the opportunity to reflect on their goals and their motivations, which she sees as a process that helps students long after the application process ends.

"The thing you can take away from it is, 'oh wow I really learned how to write a personal statement.' Or 'I understand now why I'm doing what I'm doing.' Or 'I always thought those two things were so separate and I see a way to connect them now.' That's typically the feedback that we get from students. That's the really valuable portable lesson," she said.

The National Fellowships Program advises students in STEM fields as well. This year, senior Alfred Chin received two scholarships that recognize achievements in science research through the office. He worked closely with the fellowships office in preparing his applications.

> "Our mission is to help students learn and develop skills through the application process."
>
> — Kelly Barry, National Fellowships Program director

"The Goldwater and Astronaut Scholarships are both very important programs that develop young American scientists for the future," he wrote in an email to *The News-Letter*. "The two scholarships are for undergraduates who wish to pursue a STEM Ph.D., which is exactly what I intend to do."

Chin emphasized that students should focus on pursuing their interests outside of the classroom and should take advantage of the resources available at Hopkins.

"Outside fellowships place a lot of emphasis on extracurricular activities. For Goldwater and Astronaut, this would obviously be lab research," he wrote. "Hopkins students interested in outside fellowships should definitely make use of the plethora of research opportunities at Hopkins, whether it's joining the world-class research groups or applying for undergraduate funding."

Though Hopkins students are often competitive applicants for national fellowships and scholarships, Barry pointed out that Hopkins students may be disadvantaged when competing for awards that look for well-rounded students.

"The lack of really strong distribution requirements makes it possible to be quite narrow in academic terms and that is often a problem in competing for awards," she said.

She also said that at many universities, including Hopkins, the curriculum does not require students to develop strong writing skills.

"Another thing I see as a structural disadvantage at times is the limited emphasis on expository writing in most majors. Being a proficient and compelling writer is a real strength in pursuing fellowships. That's why one of the main things we do is provide solid writing tuition," she said.

Junior Harsh Wadhwa recently applied for the Fulbright and the Gates Cambridge scholarships. In the year between graduating from Hopkins and enrolling in medical school, Wadhwa hopes to pursue a research opportunity abroad.

"I've been really involved in research throughout my undergraduate experience, and I know it's something I want to continue into the future," he said, "so I thought the Fulbright would be a great way to bridge graduating from undergrad and taking on a full-time project."

After attending information sessions in the spring, Wadhwa worked over the summer to prepare his personal statement and statement of grand purpose, an essay that outlines an applicant's goals and motivations.

He said that the National Fellowships Program provided him with assistance throughout the process and that he went through several drafts. For Wadhwa, the Fulbright offers the opportunity to expand on his Hopkins education.

"I've studied Spanish here at Hopkins, and I'm a Spanish minor, so it made sense," he said. "Out of all the Spanish-speaking countries, I picked Spain, because it had the best opportunities for the research I want to do."

Barry emphasized that there are fellowship opportunities available for students from all backgrounds.

"Of the 26 awards we're advising on right now, only five are STEM-only," she said. "Most of what we do is open to students of any field. If anything, the awards that we handle skew toward non-STEM. We have a lot of STEM winners because we have a heavily STEM campus."

She also pointed out that many people who end up receiving scholarships do not initially think they are eligible.

"Many of the students who have won a big award through our office, whether that's the Rhodes or Truman, they often come in thinking, 'I'm not sure if I should apply for this,'" she said. "But students shouldn't rule themselves out of an opportunity."

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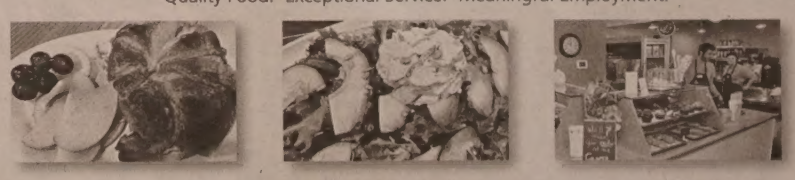

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VOICES

Hopkins is a diverse university, where an incredible mix of cultures, academic interests and personalities coexist and thrive...

How to keep in touch with family after college

Dear Jenny
Anonymous Advice Column

Hey! Jenny here again, anonymously answering your questions. If you're in need of advice, feel free to send questions to dearjennyshopkins@gmail.com

It is finally beginning to feel like fall, with the crisp air and the crunchy leaves and the arrival of pumpkin-everything merchandise. I hope you are all having a lovely October and that you will take advantage of the upcoming three-day weekend to catch up on sleep or just snuggle up with a good book.

You might be spending fall break here on the Homewood campus, or you might be going home for the first time this school year. Mid-October is always a good chance to reconnect with family and friends who you may have drifted away from.

This week, we have a question from someone who is wondering how to maintain family ties while forging their own path.

Dear Jenny,

Since I left for college, I've been growing apart from my family, which feels natural to me as I am very different from them and hold different values and beliefs. Now that I no longer see them every day, it's easy to be independent from them.

However, I still care about my family and don't want to lose contact with them completely. How can I have a good relationship with my family while still maintaining my independence?

From,
Growing Pains

Dear Growing,

When I was a junior in high school, my father told me that if I wanted to pursue a college education in the humanities, he would not support me. For him, the only viable degree was one in science, engineering or mathematics. I loved those fields and believe that I could have excelled in them, but my real passion was for words and stories. I decided that I wouldn't compromise my life or my interests for another person, even if that person was my parent.

At the time, our disagreement seemed irreconcilable. But since I've come to Hopkins, my relationship with my father has drastically improved. He has seen my commitment to my studies and has gradually accepted my life plans.

Growing, your question is a great one, because navigating family relationships in college is a weird and complicated process. You are more self-sufficient than ever before, but you still may be financially dependent on your family. You are beginning to figure out who you are and what you want to do with your life, but this may conflict with the way you were raised.

My advice to you, Growing, is both simple and challenging. Keep doing you. Keep being independent. Being independent can come in many shapes and forms. It could be finding an on-campus job so that you have more control over your own finances. It could be joining a new community, whether it's social, religious or political, and surrounding yourself with like-minded people. It could be pursuing hobbies and projects that are meaningful to you.

At the same time, make a concerted effort to communicate with your family. Some of my friends schedule a weekly phone call with their family. Others FaceTime their parents every day. Do what feels best for you, whether that is a monthly Skype chat or frequent texting. If things feel strained, talk about your classes, your friends and the weather. Ask your family about the movies they've seen, the books they've read. It's okay to keep the conversation light.

> **Relationships depend on small acts of kindness, so make an effort to keep doing those.**

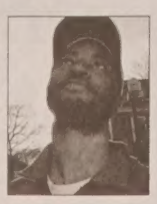
When you go home, be present. Give your mother a hug, brew a pot of tea and listen to talk radio together. Go ice skating with your siblings. Take your cousins to the movies. Ask your grandmother to teach you how to make sweet potato pie from scratch. Tag along with your grandfather when he goes to the grocery store. Relationships depend on small acts of kindness, so make an effort to keep doing those.

Growing, it is definitely possible to have a healthy relationship with your family while being independent, but it will take time. I didn't speak to my father much during my freshman year. Whenever he called, I said I was busy studying. I didn't tell him what I was studying, though. I thought the less he knew, the better.

During winter break, my first time home, my father took me to see *The Force Awakens*. After, we went to eat burritos. He asked me if I was happy. When I nodded, he said that was all that mattered to him. In that moment, I realized that even though we often disagreed, my father still wanted what was best for me. And I think he is realizing that what is best is letting me live my own life.

Best,
Jenny S. Hopkins

Growing up in the wake of Trayvon Martin's death



Jordan Britton
Guest Columnist

When Trayvon Martin was murdered on February 26, 2012, he and I were the same age, the same build, the same height, the same gender and, most importantly, the same race. At that point in time, I did not have the vocabulary to express how his death made me feel. Now I understand that his death opened my eyes to the reality of American life, a life centered on white sensibilities and comfort.

And no place taught me this lesson better than the K-12 all-boys private school I attended in Baltimore, Maryland.

The week following his death, Martin dominated mine and my peers' lunchtime conversations and Facebook newsfeeds. Some of my white classmates recognized the severity and racial dynamics of the situation, but these individuals were not the majority.

It seemed that few fully grasped the implications of Martin's murder. Most did not understand the fear and sense of urgency that I and other black students expressed. Most white students had little to no opinion on the matter; others vehemently refuted claims of racism and foul play.

The conversations of that week usually devolved into debates, not over the guilt of Martin's murderer, but rather over the innocence of Martin himself.

Every debate I had over the death of Trayvon Martin was a debate over my own death. Each claim that Martin, with his skittles and Arizona iced tea, posed a legitimate threat to someone's life chipped away at my disillusionment with white America. This doesn't mean that I stopped liking white people. Rather, I recognized that while I may have lived in white America, I was not a part of it.

> **It seemed very few fully grasped the implications of Martin's murder.**

In my school's lexicon, black was synonymous with thug. Martin's death gave many white students the opportunity to reassert that fact. As the white veil was ripped from over my eyes, I began to understand what living in white America truly entailed.

Living in white America meant going to a school where in seventh grade a kid was "asked to leave," instead of being expelled from the "prestigious" school we attended for spray painting "fuck niggers" on a bathroom stall.

It meant that immediately after the incident, the school held an assembly in which students and faculty had the opportunity to voice how they felt. Most people shared how they didn't think the kid meant to hurt anyone, how he was a nice guy and how it was just bad decision making. They talked about how he was their friend and how they were shocked by what he wrote. Throughout the assembly, people used their shock to excuse the behavior. Somehow, being shocking meant that it wasn't truly hurtful. Living in white America meant that his actions did not constitute true racism because *he didn't mean it.*

It seemed people focused more on their personal astonishment and his alleged intent than the fact that he willingly wrote a phrase he knew to be harmful in a public area for all to see. While I hesitate to condemn the character of a 12 year old, I do not hesitate to condemn his actions.

The school should not have "asked him to leave." They should have expelled him. They also should not have allowed him to return the next year to finish out middle school.

Over the years, the school I attended continued to cater to white sensibilities. This was exemplified in an American history class, which explicitly taught that the civil war "was not about slavery" but was actually about states' rights. Somehow, the teacher failed to mention that the main state right being fought over was the "right" to own black bodies. This same class skimmed through lessons on slavery as though it were a footnote of history.

When it came to the civil rights movement, the more provocative topics like the Chicago riots, the Black Panther party and the pivotal role Malcolm X played in shaping the movement were left up to us to learn on our own. The biggest transgression of the class was probably the condensing of 90 years of Jim Crow into a few lynchings, the occasional sharecropper and the death of Emmett Till.

At no point during that course did the teacher delve into America's history of white supremacy. This is a history which has shaped every aspect of American life for generations.

In my junior year of high school, I joined the cross country team. In one of the preseason practices, I was lagging far behind most of the other boys. While running, I passed by an older black man walking on the trail. He yelled out to me, "You better catch up to those white boys, you're making us look bad."

I was taken aback and couldn't understand why he would shout something like that to a random teenager. It took quite some time before I understood that man's words.

Ignoring his unorthodox method, that man tried to teach me a lesson that many other older black adults in my life have reiterated. The lesson: Whether I liked it or not, my actions, my successes and my failures all contributed to shaping perceptions of black America. Despite the black community's best efforts, to the rest of the country and to white America, we are a monolith. To white America and to the rest of the country, Trayvon Martin was just another thug.

Why is the world obsessed with an unmotivated egg?

Meagan Peoples
Think about it

Sanrio, the Tokyo based toy and television conglomerate, is famous for creating iconic characters such as Hello Kitty, My Melody and Gudetama. This last one you might not have heard of yet.

The anthropomorphic egg, much like most college students, is famous for always wanting a nap and never wanting to go outside. It has become a worldwide hit, its distressed face appearing on T-shirts, phone cases and many other things. It's even made its way to the U.S., appearing in stores such as Hot Topic and on the notebooks and keychains of people such as yours truly.

I don't know what it is about a humanoid egg yolk refusing to get out of bed, but I, along with thousands of others, simply cannot get enough.

So where did it come from? The idea of Gudetama was hatched as part of a Sanrio-wide Food Character Election in 2013. Participants of this contest were tasked with coming up with cute, food based characters (specific, I know). However, our lazy egg did not win the popular vote. Instead Kirimichan, an anthropomorphic salmon fillet, won. Gudetama, however, placed second, and a small amount of its products were rolled out along with Kirimichan's.

And then the squishy little blob that we all know and love became a sensation, particularly with older demographics. As the fillet faded into the background, Gudetama continued to grow in popularity, getting new merchandise as well as its own short TV show.

Perhaps one of the weirdest facets of the Gudetama world is not the human-like food but the human who has identified too strongly with the egg.

Nisetama-san is a human wearing a yellow body suit, who dreams of becoming like Gudetama. His name is a combination of fake and the word for egg. According to the Sanrio website, after dreaming too strongly about becoming Gudetama, the dream became a delusion. So now there's a children's toy of a delusional man in a yellow skin-tight body suit.

Some of you might be chalking this all up to "crazy Japanese people," but frankly it's more than that. Gudetama has become popular worldwide. This sad little egg is a hit, and it's a trend that is not going anywhere soon.

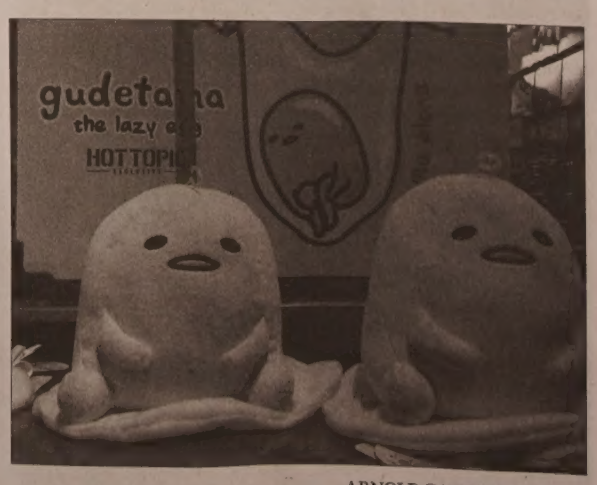
Truly only a genius could realize that a lazy egg might become such a popular mascot.

It's hard to say why so many people identify with an egg that is simply unable to handle the world.

It's even harder to say why its inability to move (beyond a little butt shaking) or emote anything but sadness is so incredibly cute. I say this despite my own obsession with the character, though I can't deny that when I see that little yellow blob sighing with dissatisfaction about his life, the part of my brain that is triggered by bunnies and puppies begins to light up.

Yet, I'm not alone, people all around the world love Gudetama. It's gotten to the point where it's hard to even walk around campus without seeing a little hint of yellow on somebody's shirt or pencil case. But who can blame them, really?

My personal obsession has gotten to the point that every time my mom goes back to Japan to visit her parents, she returns with armloads of yellow stickers, plushies and keychains. And I have got to say, I have never once been disappointed with this souvenir.



ARNOLD GATILEO/ CC BY 2.0
Gudetama exists in many forms of merchandise, including plushies.

VOICES

Here is the section where you can publish your unique thoughts, ideas and perspectives on life at Hopkins and beyond.

Stop telling me I shouldn't be watching *Friends*

Diva Parekh
Copy Queen

There's a soundtrack to my living room and it's *Friends*. My roommates and I will drop everything (sometimes literally) when those four claps in the theme song come on, and we'll clap along with it. If you're a guest, it's understood that you clap too.

Whether we're just hanging out or studying or even ranting about that annoying thing that happened today, *Friends* just sort of plays in the background. During the ranting, something funny will happen on the show, and we'll just let out a little laugh and continue talking, feeling marginally better about a terrible day.

Sometimes when I mention this to people, though, they'll scoff and look down on me. They'll say it's a terrible show, that it's trash. They'll say that I shouldn't be wasting my time with it, and I should watch something better.

Granted, from the perspective of a modern audience, *Friends* has its flaws. Ross doesn't want his daughter to grow up with a male nanny. Monica's weight is a punch line. Ross doesn't want his son playing with a Barbie. Gay stereotypes are scattered throughout the show. The characters are all white.

I agree that these are flaws. But progress doesn't happen all at once. Even shows like *Modern Family* that are considered the pinnacle of progressiveness could be seen as flawed 20 years from now.

Progress means changing and developing with time, which is why it's unreasonable to judge *Friends* by holding it to the standards of today. For the '90s and early '00s, *Friends* was incredibly ahead of its time.

It was one of the first "mainstream" popular TV shows to actually show a lesbian wedding. Though Ross does have his flaws, he was the one who convinced his ex-wife, Carol, to screw society and get married to the woman she loved.

The pilot episode is centered on a woman walking away from a marriage and choosing to move to the city and discover who she is. Later, this same woman, Rachel, raises a baby while still unmarried. Rachel fights to be independent in her relationship with Ross and have interests and activities outside of the relationship.

Of course, there are more conservative characters who disagree with Rachel's decisions. Ross and Monica's mom never stops pushing for Monica to get married. Their dad talks about how women shouldn't try to "have it all."

But the fact that these ideas and conflicts exist in the plot doesn't mean the show is bad. There really was a cultural taboo associated with two single parents raising a child and with women who wanted to "have it all." What counts is that those ideas were addressed and talked about and even proved wrong on the show.

Monica does end up with the big job as a chef at the fancy New York restaurant, but she also gets married to Chandler and has kids. For a while, she's the one supporting her family while Chandler is unemployed.

Ross' ex-wife Carol's relationship with Susan might be the most functional relationship on the show. They are committed and love each other, and they do an excellent job of raising their son Ben together. They are not a stereotype. They're far from it. Susan even mocks most of the stereotypes.

Again, I do not believe in any way that *Friends* depicts lesbian relationships perfectly. But they gave it a shot, and for the '90s, they didn't do a bad job. *Friends* had conversations about female sexuality at a time when you rarely got to see mainstream media exploring ideas like that.

Yes, Chandler's transgender dad is a stereotype. Yes, no one ever refers to him with the right pronouns. Yes, Chandler's mom even mocks him for wearing a dress. Yes, that's wrong. But here's the thing: Chandler goes back to Vegas and reconciles with his dad. We see a transgender character being accepted. It's not complete, and it's certainly not perfect, but it's a step in the right direction.

Progress happens in small steps more than it does in giant waves, so don't look down on the steps that got us to where we are today. Have conversations about the show's flaws, but don't judge the girl who's had a terrible day and just wants to go home and watch *Friends*. Not only is it comfortable, it's just undeniably funny.

GEOFFREY CHANDLER/ CC BY 2.0

Friends is an American sitcom which first aired in September 1994.

The Flash *is finally giving Iris West a pivotal role*

Catherine Palmer
Catwoman

It's taken three years, but it seems like *The Flash* may finally be giving Iris West (Candice Patton) her due. The most sidelined character of the series' main cast, Iris was finally given the chance to come into her own in last week's season four premiere, which dealt with the fallout from Barry Allen (Grant Gustin) entering the Speed Force and seemingly parting with his loved ones forever.

Obviously *The Flash* wasn't going to just write off its lead, so I knew it was only a matter of time until Team Flash figured out how to get Barry back. But the premiere actually picks up a whole six months after his departure. Everyone has stepped up to fill the void he left behind, but no one more than Iris.

Instead of crumpling over the loss of her fiancé, Iris becomes more empowered than ever, taking over for Barry as team leader. She runs point from Star Labs with scientist Cisco "Vibe" Ramon (Carlos Valdes), her brother Wally "Kid Flash" West (Keiynan Lonsdale) and their dad Detective Joe West (Jesse L. Martin) following her directions in the field to take down bad guys threatening Central City.

She throws herself into the role to honor Barry and "keep running" as he asked her to do before his departure. He wanted her to live her life and move on, and Iris does exactly that. But she also doesn't allow herself to process the loss.

She still can't bring herself to sleep in their bed or even look at a picture of him. She completely shuts down emotionally, even around her family and friends, in order to prevent herself from falling apart. Serving as team leader is a kind of insulating device that allows her to avoid focusing on anything but the present moment.

Iris even forbids the team from trying to rescue Barry, not wanting to get her hopes up. They, of course, do it anyway behind her back and successfully bring him back only to find that he has become mysteriously deranged.

While Iris may not be as mentally or emotionally healthy at the beginning of season four as she has been for the past three seasons, the benefits of her rapid and refreshing character development born from the pain of losing Barry cannot be understated.

The showrunners are letting Iris become a character in her own right rather than just Barry's love interest. As was shown in her direction of the team, Iris is unquestionably smart, strong, resilient and resourceful.

She holds the team together and keeps them in shape. When they complain about how their success rate is lower than Barry's, she refuses to let them give up. She also shows a knack for strategy when she outsmarts a criminal by figuring out what his next move will be.

I never doubted that Iris had the potential to be a critical member of the team, but for whatever reason, she was rarely given the opportunity to prove herself.

That fact is particularly apparent in season three, the latter half of which finds the team scrambling for a way to prevent Iris' impending death at the hands of Savitar, an evil speedster. Literally everyone except Iris is given agency over the situation.

One of her only major plotlines focuses on her investigation, as a reporter for the Central City Picture News, into dangerous arms dealers, which the showrunners ironically use to highlight how helpless she is to change her circumstance.

While trying to catch the dealers, she is held at gunpoint. But channeling *New Moon* adrenaline junkie Bella Swan, she's totally chill about it and even taunts her would-be murderer since she knows she isn't fated to die yet.

To a degree, the storyline shows that she is fierce and perseverant. She pursues the investigation despite Barry and Joe, fearing for her safety, asking for her to stop. But it's still a side story. She may seem to live her life on her own terms but, ultimately, her life remains in the hands of the team.

Throughout seasons one, two and three, Iris is primarily relegated to serving as Barry's emotional support system, a glorified cheerleader, and as the motivation behind his heroics.

She is finally able to break that mold at the very end of season three when she ends up saving Barry from Savitar after her death is prevented. That was the first time I saw her truly realize her heroic potential, and the season four premiere brought the second.

Aside from leading the team, she almost single-handedly saves the day when a villainous mechanical Samurai warrior threatens to destroy Central City unless The Flash faces him in single combat. Knowing the only way to restore Barry's mental state is to put herself in harm's way, Iris forces the Samurai to take her prisoner before he is able to hurt anyone.

The gamble works. Barry becomes his normal self again and takes the warrior down but, for once, as the sidekick to Iris' superhero.

I don't know why showrunners waited three seasons to make Iris a fully fleshed out character and a linchpin of Team Flash, but I'm happy that I can finally root for her rather than bemoan her being unjustly ignored. I sincerely hope that last week's premiere was not the peak of her character development now that Barry has returned.

The best places to get coffee around campus

Brody

The best place to get coffee if you're in a rush. Though the line is almost always 10 people long, it never takes more than half an hour to move through it.

Mudd

While the coffee is supposed to be the same as Brody's, due to its slightly less central location, the line is usually a bit shorter. This means it's a great place to get coffee if you like talking to your barista.

Levering

This is the only on-campus coffee shop that actually feels like a coffee shop. The low lighting and constant background chatter creates the perfect atmosphere for writing and doing work.

Starbucks

While I wouldn't make the trek out to St. Paul for their drip coffee, I think it is no small exaggeration to say that they have the best blended drinks. Nothing beats a Frappuccino on a hot day, or a cold one or really whenever I have a craving for something sweet.

Carma's

Carma's coffee is pretty good but let's be real, Carma's has the best food. Nothing beats a grilled cheese and soup on these chilly October nights.

the johns hopkins
NEWS-LETTER

Editorials

It's on us to stop the next "Harvey Weinstein"

Since *The New York Times* outed Hollywood mogul Harvey Weinstein as a sexual predator, we have heard increasingly alarming allegations of harassment and abuse by Weinstein and many other unnamed Hollywood elites going back decades.

The horror and outrage over these allegations has sparked a movement, even beyond Hollywood, to end the culture of silence that protects perpetrators.

The Editorial Board believes Weinstein is just one embodiment of the repulsive behavior that occurs in many of our everyday lives. We all have "Weinsteins" in our communities. This has been particularly exemplified by the social media campaign #MeToo, which was started by actress Alyssa Milano on Twitter and has since exploded across multiple platforms.

Many of us have seen friends, family and classmates come forward through the #MeToo campaign to share their experiences of sexual harassment or assault in an effort to demonstrate magnitude of the problem. Anyone can be a victim, and anyone can be a perpetrator.

While harassment and assault have varying degrees of severity, they are all symptoms of the overarching, unjust power structure in our society, that tacitly permits this culture of sexual harassment and violence. This affects both women and men and it needs to be addressed.

Despite #MeToo's effort to shatter the culture of silence, the threat of complacency looms.

Last month, Education Secretary Betsy DeVos announced the rollback of the "Dear Colleague Letter" which was an Obama-era initiative to reevaluate the way sexual assault is investigated on college campuses. This Letter was designed to help victims feel more safe about coming forward.

Despite DeVos's decision, Hopkins announced that it will adhere to the Obama-era Title IX guidelines when evaluating reports of sexual assault or misconduct.

The University's commitment to supporting victims is especially important given the pervasiveness of sexual violence experienced by students.

Just last Friday, we received a security alert about a female Hopkins student having been sexually assaulted in a residence hall by a male acquaintance. Over the past several years, sexual assaults have also been reported at multiple Hopkins fraternities. These are just the examples that we know about.

We are inspired by those in our community who are sharing their stories. It takes a lot of courage to speak about vulnerable and painful moments.

We also understand that no one should be forced to share their experiences. We hope people who feel uncomfortable speaking out understand that they are still supported and are not alone.

But the momentum gained by #MeToo and other movements cannot stop once Weinstein's face leaves the 24 hour news cycle. We have reached a watershed moment. Either sexual abuse and harassment throughout our country will no longer be swept under the rug, or we will be having this same conversation a couple years from now.

We cannot stop speaking out, and we cannot stop listening to one another. We must work to ensure that victims are never again left feeling alone — especially with the current presidential administration's attitude towards Title IX. We cannot let perpetrators continue to hold power because they believe they're untouchable.

It's time to show them they are not.

Letter to the Editor

In response to "Letter to the Editor: Conservatives continue to misunderstand the meaning of free speech," published on October 12:

Dear Editor,

I would like to comment on one aspect of Madeleine King's letter in the October 12 issue of *The News-Letter*, "Conservatives continue to misunderstand…"

She refers to Owen Lattimore as having been fired by Hopkins when he was accused of being a "known communist." This is not true. When Owen Lattimore, a recognized expert on Mongolia, was indicted in 1952 on charges of espionage and being a Communist sympathizer, the University granted him leave of absence with pay for the duration of his case, resisting demands by alumni and donors (and a few faculty) to fire him prior to any judicial verdict. In 1955, a federal judge dismissed the more serious charges against Lattimore, and the remaining minor charges were then dropped.

Lattimore had been director of the Walter Hines Page School of International Relations, a Hopkins division located on the Homewood Campus, since 1938. Because he was so closely associated with the Page School, and that school focused primarily on China and Mongolia, when public accusations linking Lattimore to espionage and communism were made beginning in the late 1940s, this resulted in a decrease in contributions and the Page School was left in poor financial condition.

In 1950, the School of Advanced International Studies, then an independent institution in Washington, approached Hopkins to negotiate a merger. Hopkins' interest was increased because of the Page School's financial difficulties, and SAIS was finding it difficult to succeed on its own, so in October 1950, SAIS became a division of Hopkins, remaining in Washington. In 1953, President Detlev Bronk announced a reorganization that included disbanding the Page School, leaving SAIS as the only Hopkins division focusing on international studies. When Lattimore's leave-with-pay ended in 1955, he no longer had a school to direct, so he was given a faculty appointment in the Department of History. He taught in that department until 1963, when he resigned to create the Department of Chinese Studies at the University of Leeds.

Lattimore was never fired from Hopkins – quite the contrary, he was paid for three years while he battled senators Joe McCarthy, Pat McCarran, and their formidable allies. There is a good article on Lattimore in Wikipedia (although it makes no mention of the Page School), and in 1993 Lionel S. Lewis wrote a book on Lattimore's situation, titled The Cold War and Academic Governance: The Lattimore Case at Johns Hopkins. Thank you for the opportunity to correct this inaccuracy.

Jim Stimpert
Senior Reference Archivist
Special Collections at Sheridan Libraries

LETTERS & OP-ED POLICY

The News-Letter encourages letters to the editor and op-eds. *The Johns Hopkins News-Letter* reserves the sole right to edit all op-ed pieces and/or letters to the editor for space, grammar, clarity, accuracy and style. This applies to the body of the submission as well as its headline. Upon submission, all op-eds and letters to the editor become property of *The News-Letter*. *The News-Letter* reserves the right to not publish any op-ed or letter to the editor for any reason, at the sole discretion of the Editors-in-Chief. Letters to the editor are limited to 400 words, must address content previously published in *The News-Letter*, and must include the author's name. Letters must be received by 5 p.m. Monday for inclusion in that week's issue; they should be sent to *chiefs@jhunewsletter.com* (with "Letter to the editor" in the subject line) or the mailing address below. To write an op-ed, contact *opinions@jhunewsletter.com*. Op-eds are not limited in their length except as available space may dictate. All submissions may be published online as well as in the paper, and no anonymous submissions will be accepted.

Submittal of an op-ed and/or letter to the editor acknowledges your acceptance of and agreement to these policies. Any questions about these policies should be directed to the Editors-in-Chief of *The News-Letter* at *chiefs@jhunewsletter.com*.

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Opinions

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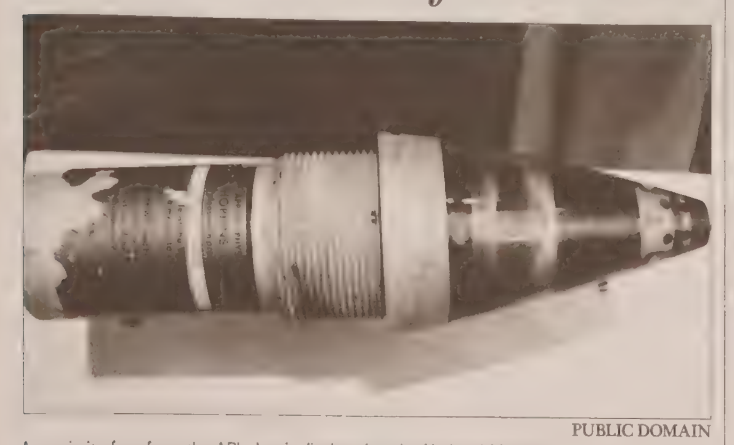
Students cannot be apathetic to the APL's harmful actions



PUBLIC DOMAIN
A proximity fuse from the APL that is displayed at the National Museum of American History.

By EMELINE ARMITAGE

In 1993, peace activist Philip Berrigan and six other people from the Baltimore Emergency Response Network (BERN) protested the Johns Hopkins Applied Physics Laboratory's (APL) nuclear weapons program by spreading ashes on the ground to symbolize the victims of warfare, as well as hanging out leaflets. Berrigan and his fellow activists were arrested. John Wilhelm, the APL spokesperson, responded to the events in *The Baltimore Sun* by saying, "We really don't have a comment on today's events. It's a periodic occurrence."

Wilhelm was correct: Throughout the 1990s and into the early 2000s, radical protests at the APL were almost commonplace. BERN would often drop banners from the APL roof. According to "The Death Lab" by Max Obuszewski, activists once dropped a banner from the Milton S. Eisenhower library on the Homewood campus. They were arrested on multiple occasions for trespassing while handing out leaflets that asked APL employees to publicly repudiate the APL's military research.

During a graduation ceremony, activists (with the help of a graduate student) gained access to a third floor office near the commencement stage and unfurled a banner while chanting anti-APL slogans before quickly getting arrested, along with the helpful grad student. They blocked entrances to the APL on multiple occasions, and once, three activists slipped into the APL director's office and taped a blood-soaked copy of the Nuremberg principles on the door.

Unfortunately, despite these brave and impressive actions, the APL has only become increasingly militarized in the past 20 years, with little fanfare. It can be very difficult to obtain information from the APL and Hopkins (see the 2013 article "Following the path of drones from Obama's hit list to Johns Hopkins University" in the *City Paper* for an example).

Our pernicious concept of violence allows us to constantly handwring about the violence of the nearby 7/11 being robbed but look the other way when our school's laboratory is busy making machines that kill innocent children in far-off lands. The question surrounding this problem: How much do we know about our University, and how much do we want to know moving forward?

The cherry on top of the APL's dedication to fulfilling its nickname "Death Lab" (coined by Berrigan) is a $93 million contract signed in July of this year with the Air Force Nuclear Weapons Center. The contract states that the APL will be involved with "specialized engineering, research and development requirements for the U.S. nuclear arsenal" including "planning, strategic analysis, studies of air-delivered and ground-based nuclear weapons capabilities, and command-and-control communications."

Funnily enough, I didn't see an article on *The Hub* about their new venture.

The last wave of anti-militarization on campus was in 2011-2013 with the campus organization the Human Rights Working Group (HRWG). The group did have several successful actions, such as projecting images of drone victims with the captions "JHU Research At Work: Reckless, Wrong, Illegal" onto Shriver Hall when General Stanley McChrystal spoke as part of the Foreign Affairs Symposium and having a satire booth at the 2013 Spring Fair recruiting people to work in drone research ("Is a career in drone warfare your flight pattern for success?").

While HRWG was accomplished, it failed to achieve clarification from the University regarding the RISE@APL program, which was launched in 2014. The RISE@APL program allows undergraduate and graduate students the opportunity to perform research at the APL. According to the program's website, at least one student has worked with weapons development, specifically the Air and Missile Defense Program.

RISE@APL held a major recruitment event this past Monday. While it is clear that undergraduates are permitted in weapons research, it is unclear if they are permitted in the research connected to the nuclear weapons program with the Air Force.

So where do we go from here? The impressive efforts of protesters have failed to slow down the militarization of the APL. To be fair, staring at the APL is like staring at Goliath: In fiscal year 2014, the APL spent $1.254 billion in total research and development expenditures. Of that, $1.214 billion was federally funded according to the article "Johns Hopkins leads U.S. in research spending for 36th year in a row" on *The Hub*. Most Hopkins students seem either ignorant or indifferent towards the APL. The few articles about the APL in *The News-Letter* read like sycophantic devotions or copy-and-pasted press releases. For the worst offender, see "JHU Applied Physics Laboratory critical for nation's defense" by Francesca Peretti from 2006.

However, regardless of how insurmountable the task is, we must continue to speak out and challenge the generally unchallenged APL "Death Lab." Undergraduate engineers should think twice about doing weapons research. We should ensure that the research weighs heavily upon the administration's and Board of Trustees' conscience, if it exists. We must attempt to surmount the insurmountable, lest we find ourselves deeply complicit in a machine that churns out death and destruction year after year after year.

Emeline Armitage is a senior International Studies, Latin American studies and Spanish major. She is from Cleveland.

Criticism of articles cannot devolve into bullying

By DIVA PAREKH

In the past few weeks, there have been a lot of very controversial articles in *The News-Letter*. When something in this newspaper is controversial, it's very easy to tell. The article rapidly moves to the top of our most read and recent comment lists. When it's shared on Facebook, there are over 20 comments with even more replies. There are Twitter rants where the article is shared and talked about.

Before I go on, let me specify that my opinion on these controversial issues is completely irrelevant. Whether I agree or I disagree with these articles doesn't matter at all.

Lately, I've noticed that the discussion has grown a lot more toxic than it used to be. People tag their friends in comments and proceed to mock and laugh at the writer's supposed idiocy. People personally attack the writer. The Twitter rants are increasingly heated. People make fun of the writer on the Facebook meme page, and the insulting doesn't seem to ever stop.

Just to clarify: I am in no way trying to say that articles should not be criticized or disagreed with. If you hold a different opinion, you should feel perfectly free to express it, but do it in a healthier way.

You can write a letter to the editor to *The News-Letter*, as a lot of students have done. Even if you want to continue to use social media as a platform, argue against the idea, not against the person. To those of you who have done that: I appreciate you and I appreciate what you are doing to facilitate constructive criticism and political debate.

In the long term, this culture of insulting and personally attacking people whose views you don't share changes how conversation takes place at Hopkins.

I talked to a friend yesterday, who wanted to write an article with a strong political stance, but she said she was afraid — afraid of being called names, not afraid of expressing her belief.

> **Think about what you're doing to them — what you're doing to our community.**

Insulting labels come so easily to us. It's so easy to argue against an idea by using who the person who holds that idea is — their personality, their person — as a weapon.

There has to be a distinction between saying, "person X is of Y race, they couldn't possibly understand the racial microaggressions community Z faces" and saying "person X needs to shut up" or "person X's opinion is invalid."

Even writing this article, I'm using X, Y and Zs instead of giving concrete examples, because I'm afraid. I'm afraid you'll attack me for some view I hold, I'm afraid you'll insult me and call me stupid and naïve and tell me my opinion is invalid.

Even when I wrote my article entitled "We need to stop trivializing the word 'triggered,'" I was afraid of being called a sheltered snowflake. I was afraid of being turned into a "triggered by the word 'triggered'" meme. I was afraid of being honest.

This fear shouldn't exist. I shouldn't be terrified that I'm going to be insulted and personally attacked with anything I write or say.

I know that we have free speech, I know I can't stop you from completely ignoring everything I've said and continuing to do what you're doing.

But just stop before you make that meme, and think about the person you're making fun of. Think about the person, independent of their political views and opinions, and think about what you're doing to them — what you're doing to our community.

You're making us afraid, and it's important, now more than ever, for each and every one of us to be fearless and engage in those conversations, even and especially with people who don't share our views. Don't make us afraid to do that.

Diva Parekh is a junior physics major from Mumbai, India. She is the Copy Editor.

Austria's election results marks a rightward shift

By RORY MCCLAIN

The most significant news of the recent Austrian elections was the dramatic rightward and populist shift in Austrian politics. The Austrian People's Party (ÖVP), a center-right party with far-right views on immigration, secured 31.5 percent of the vote, making it the largest party in the Austrian Parliament. The Social Democratic Party won exactly the same number of seats, but lost the chancellorship. Furthermore, it will likely lose its coalition partner status to the Freedom Party of Austria (FPÖ), a blatantly far-right populist, nationalist and xenophobic party.

President of European Horizons at Johns Hopkins and Austrian citizen Alexandra Marksteiner said, "The ÖVP and the FPÖ are different from, say, Front Nacional. Neither the ÖVP nor the FPÖ advocate an exit from the European Union. An ÖVP-FPÖ coalition would put another dent in the liberal international order, but it won't threaten the existence of the European Union."

Marksteiner rightly differentiated between the FPÖ's soft Euroscepticism and the hard Euroscepticism of France's Front Nacional, the no longer necessary U.K. Independence Party and other European parties that desire a break with Brussels. The FPÖ hopes to return some EU's areas of authority to the member states' national governments. However, how an ÖVP-FPÖ coalition will affect the EU's ability to govern remains to be seen.

The Visegrád Group is an alliance of four soft Eurosceptic EU states: Poland, the Czech Republic, Slovakia and Hungary. It is unlikely that Austria will join this group, but it may adopt policies similar to its individual members. In the last couple years, two of these states, Hungary and Poland, have become decidedly illiberal, challenging the most fundamental values and principles of the EU.

Although Hungary is still a democracy, since 2010, Prime Minister Viktor Orbán has gradually removed democratic checks on his power and limited the independence of the media, the judiciary and the central bank in Hungary. Critics have claimed that due to the institutional advantages granted to Orbán's Fidesz party, the 2012 constitution has effectively made Hungary a one-party state.

This past summer, Poland's parliament, controlled by the right-wing populist Law and Justice Party (PiS), ironically attempted to thwart both rule of law and justice with three reforms that would have eliminated the independence of the Polish judiciary. Fortunately, President Andrzej Duda vetoed the first two laws but signed the third, which gives the justice minister the right to select and dismiss judges in lower courts.

Moreover, the de facto leader of Poland, head of the PiS Jarosław Kaczyński, has encouraged the party to clamp down on the media and wants Poland to revert back to its conservative, Catholic roots and eschew multiculturalism. As populists, both ÖVP Leader Sebastian Kurz and FPÖ Chairman Heinz-Christian Strache have advocated for more direct democracy in Austria.

This means holding more referendums, which is bad news for the EU. Lately, member states like Hungary and the Netherlands have used referendums to eradicate any favorable perceptions moderate Europeans have toward asylum and to block the EU trade and association agreement with Ukraine, respectively.

These populist plebiscites, in addition to the internal political mischief of illiberal member states, could ultimately undermine the EU's authority and credibility. Although democratic in one state, they allow a small minority of member states to nullify decisions to which most EU countries have agreed. Hungary and Poland's internal actions allow right-wing, populist political leaders like Orbán and Kaczyński to validate their own claims about the EU's ineffectiveness and democratic deficiency.

The one positive note to take from these elections, from an American perspective, is a potential improvement in transatlantic relations. U.S.-EU relations were particularly tense last summer with the U.S. threatening to restrict steel imports from many European countries and the EU, in turn, countering that it would restrict the import of and place retaliatory tariffs on all manner of American goods, including orange juice and whiskey.

Austria's rightward shift means that, once it takes over the European Council presidency in the second half of 2018, it might pursue a brand of foreign policy that is more in sync with that of the current U.S. administration.

The EU's misfortune is thus quite fortunate for the U.S. in a pragmatic sense. From my perspective, however, the spread of hate and fear benefits only opportunistic politicians. As Austria, the rest of the EU and even the U.S. may have to learn the hard way, strength and prosperity are a product of consensus, not division.

Rory McClain is a senior history major from Silver Spring, Md.

Errata: Oct. 12 Edition

In the Oct. 12, 2017 edition of *The News-Letter*, in a Letter to the Editor entitled "Conservatives continue to misunderstand the meaning of free speech," the original author of this piece was identified as "Madeleine Esme." Her correct last name is King. *The News-Letter* regrets this error.

PHOTO ESSAY

Autumn

By Lauren Questell

The B Section

YOUR WEEKEND • ARTS & ENTERTAINMENT • CARTOONS, ETC. • SCIENCE & TECHNOLOGY • SPORTS

October 19, 2017

Arts & Entertainment

Hopkins comedy troupe Throat Culture performs opening show — B3
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Science & Technology

Banana epidemic may wipe out the popular fruit to extinction — B7
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Sports

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Water polo defeats MIT in CWPA D-III Eastern Championship — B12

YOUR WEEKEND OCTOBER 19 - 22

Events in Baltimore this weekend

Thursday

Screening of *The 39 Steps*
The Charles Theatre
9 p.m.

Watch this thrilling Hitchcock movie at the old Charles Theatre. Part of their movie revival series. *The 39 Steps* is sure to both scare and delight audiences. Evening tickets $11.

Friday

Maryland Fall Craft Show
Maryland State Fairgrounds
10 a.m.- 6 p.m.

Come see a variety of crafts, goods and foods at the annual Craft Show. With lots of fall-based items to see and local artists to meet, you are sure to enjoy this event. Free.

***Coyote* by Edgar Reyes**
Walters Art Museum
10 a.m. - 5 p.m.

View this new art installation inspired by the Walters' ancient America collection. Reyes explores the history and life of ancient and modern native peoples. Free.

Saturday

Baltimore Oyster Harvesting
Baltimore Marine Center
10 a.m. - 12 p.m.

Join the people of the Baltimore Marine Center in taking care of the Great Baltimore Oyster Partnership's largest oyster garden. Free.

***School of Rock* Live Reading**
Space 2640
6 p.m. - 8:30 p.m.

Join local artsits in this live reading of Richard Linklater's play, *The School of Rock*. Coffee, tea and other beverages will be available for purchase along with baked goods. Limited seating is available so show up early to get yourself a spot. Tickets $5, cash only.

Sunday

Handel Choir Performance
R. House
4 p.m. - 5 p.m.

Come preview the Handel Choir's 2017-2018 concert season at R. House. There will also be a raffle where 20 lucky people will win $10 gift cards to food stalls at R. House. Limited seating is available so plan accordingly! Free.

My hiking trip out to North Point State Park

By LILY KAIRIS
Staff Writer

I'll be honest: When I sat down to write this article, I had no idea where to begin. "Fun activities and events in Baltimore." What a foreign concept! When was the last time I luxuriated in something like that?

These days my weekends are games of catch-up, allowing my brain to reset, my social life to briefly rejuvenate and my personal hygiene to regain a semi-acceptable status. I take my luxuries (i.e. a podcast on a Friday afternoon, or a Saturday morning at the farmer's market) sparingly.

But in my perfect world, life wouldn't be this jam-packed. As a senior, I'm trying to reassert the importance of relaxation in my life.

So in that vein, in preparing to craft this article, I tried to think back to the most relaxing Baltimore weekend in my recent memory. One particular day stuck out — last spring, when I went hiking with Outdoor Pursuits through North Point State Park.

Ironically enough, that wasn't the initial plan for the trip. We were supposed to go sea kayaking through Annapolis.

My sorority big was a sea kayaking instructor, and this was the last trip she'd lead before graduating. My best friend Maggie was also a sea kayaker, and even I was, up until I quit the group my sophomore year (in classic Hopkins style, prioritizing my career). Going on this trip felt almost like my homecoming.

It was a cloudy day in early May, 40 percent chance of rain, and so we opted to hike through North Point instead of risking stormy waters. We set out around 9 a.m., earlier than usual for me on a Saturday, but as we drove the 30 minutes north, jamming out to alternative hip-hop and folk (courtesy of my aux cord), I felt incredibly awake.

I think something about travel — moving far from the realm of my routines — will always, inevitably, energize me.

The hike itself was easy-going and undemanding. We followed the trail through the forested areas of the park, which lasted five miles before opening out to the beach. Our pace was calm; the eight of us chatted (some friends, others strangers) as we moved up the incline, conversations swerving from summer camp to European vs. American culture to favorite Baltimore brunch spots.

Then after two hours, we emerged from the undergrowth to find a sandy beach, where we stopped for lunch. Four members of the group (Molly and her senior friends), started skipping stones along the water.

Skipping stones is an odd skill I've never quite understood (Is my wrist just not equipped for this sorcery?), but watching them, I felt inexplicably calmed. How rare is it that I spend a day staring at slow-moving waves, munching on a sandwich, feeling a salty breeze whisper on my skin while watching 21-year-olds skip stones on the ocean?

The whole experience felt almost cinematic; *Lord of the Flies* come to life (minus the chauvinism and savagery, of course). My transcript might label this as "wasting time," but to me, this was time well spent.

After lunch, through a strange turn of events, I ended up coaching the whole group through a yoga routine. It was bizarre but beautiful.

PUBLIC DOMAIN
North Point State Park is in Baltimore County, next to the Chesapeake.

Little did this random collection of acquaintances know, I've always held a secret pipe dream of becoming an ultra-zen, environmentalist, positive-thinking yoga coach. In this pipe dream I'm probably teaching yoga in Prague, Barcelona or the South of France.

Instead I was showing a bunch of very non-yoga male seniors how to do a bent-knee triangle and instructing them to "let their breathing be their guide." In the back of my mind, I relished in this odd opportunity for power.

My favorite part of the entire afternoon, however, was on the hike back, when we stumbled upon an abandoned warehouse in the middle of the forest.

The building was completely hollowed-out — with its walls kicked down and gaping holes in the ceiling covered in thick ivy. It had become a sort of makeshift gallery; every square inch of wall, floor-to-ceiling, was covered in graffiti.

But not the graffiti you usually imagine in untamed areas (nothing but expletives and "Insert Name was here"). Instead these images were legitimate pieces of art — I remember, in specific: a jack-o-lantern, a fairy's profile, a frightening image of an atomic bomb, a collection of trees and an alien.

We were all so in-awe of this hidden gem that we spent forty-five minutes taking a photoshoot there. It was wonderful. I remember when I got home from the trip that evening, after I showered off all the forest grime, I lay on my bed and perused the photos: my friends and I walking through the meadow, doing downward dogs together on the beach and posing in the warehouse.

I had low expectations for this trip, but it turned out to be exactly what I didn't know I needed: six hours of complete escape from my worries.

It was a brief cruise through a world in which time moves slowly, activities are spontaneous and conversations focus around more than just Hopkins. I remembered that a world outside this college bubble really does exist.

As a senior, I've realized that it is moments like these (moments of perspective) that put me the most at peace.

Why you should definitely try Diablo Doughnuts

By RENEE SCAVONE
Your Weekend Editor

If you're an avid "Your Weekend" reader (here's looking at you, Dad) you may have noticed a certain Fell's Point based bakery cropping up with an alarming frequency. Yes, that's right: It's time to talk about my doughy little secret.

To be fair, Diablo Doughnuts isn't much of a secret any more (but I've never been one to leave a pun unspoken). The shop, located on South Broadway, is tiny but neat and super well-decorated, with all the organic hipness that Hipsters aspire to.

It's the kind of place that screams "owned by somebody who can probably draw," which is true: The bakery was started by a former tattoo artist. In general, the staff at Diablo is quite pleasant, and won't judge you for spending 10 minutes agonizing over what flavor to buy.

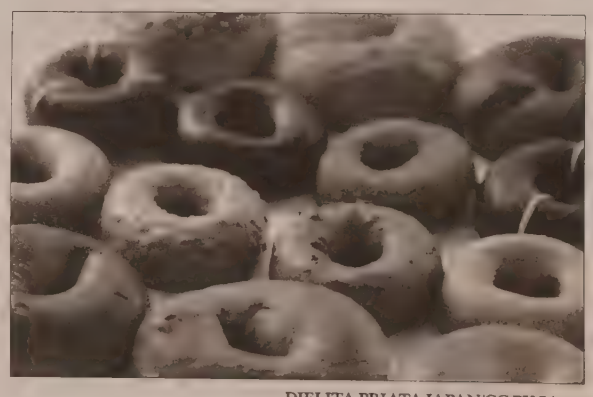
They also make a darn fine cup of coffee, if that's something you're into. To be fair, though, I don't actually know if there's anything special they do to it or if there's just something that feels so cosmically complete about a coffee and a donut. It's like starring in your own buddy cop movie. Or maybe that's just me.

Like all of Fell's Point, Diablo is technically easy to get to: Just Uber there. If you're not into paying for transportation, though, just take the Purple Route on the Circulator to the Inner Harbor stop and walk there along the water front, gazing wistfully across the harbor or Snapchatting the old Domino Sugar building.

Diablo is perhaps most well known for its fantastical flavors; Google search the place and you'll find a handful of articles talking about their famed "Unicorn Farts" donut. The donut in question is glazed and then coated with Fruity Pebbles. Add a neon drizzle of icing on top and you've got a one way ticket to both diabetes and happiness.

If you're more of a savory type, or at least the don't-want-my-teeth-to-rot type, I recommend their blackberry lime or blueberry basil. I was especially skeptical of the latter, but have since expanded my donut-eating horizons.

Maybe you're looking for a more balanced breakfast. If you're comfortable saying salacious things to strangers in public, go for the "Panty Dropper," a donut with bacon on top. I've never had it myself, both because I don't eat bacon and because I hate the word "panty," but I've heard many good things.



DJELITA PRIATA JAPAN/CC BY-SA 4.0
Diablo Doughnuts is well known for the many different flavors they offer.

There are two bad things about Diablo. First and foremost: their insistence on spelling "donut" in a super bougie way. Second, and perhaps more important, they're a little bit pricey. $2.50-$3.00 is a little much for a single donut, but hey: Sea levels are rising, the bees are dying and we could get nuked any minute. The world is a mess. Treat yourself.

For a long time I was also under the impression that there was a third bad thing: They're known for selling out early. When I first heard that their donuts went like hot cakes (hot donuts?), I made it my mission to get there as close to their 7 a.m. opening time as I possibly could on a Saturday morning, aka 9 o'clock.

Imagine my surprise when not only did they have dozens of donuts to spare, but there wasn't even a line! Indeed, don't let rumors of quick turnaround fool you: If you can drag yourself to that 9 to 5 internship, you can make it to Diablo in time to eat a delicious, delicious breakfast.

Of course, if you aren't much of an early riser, you may run into issues: Even if they don't sell out, Diablo closes at 3 on the weekends and 1 on weekdays. That being said, Diablo is definitely worth the trip.

Arts & Entertainment

Local painter challenges Euro-centric focus in art

COURTESY OF THE ARTIST AND MONIQUE MELOCHE GALLERY
Amy Sherald, *The light in her is easy to love.* Oil on canvas, 2017.

By JACOB TOOK
News & Features Editor

In recent years, the United States has seen a resurged emphasis on identity in politics. This lends greater national attention to many provocative visual artists, particularly those who seek to subvert the tenets of an oppressive society, like the lack of representation of marginalized groups in media.

An artist working at the forefront of this group is Amy Sherald, a Baltimore-based painter known for portraiture that explores black identity in the Southern U.S. Sherald will visit Hopkins next Thursday, Oct. 26, to speak about her work at a talk titled "'Stories': A Slide Talk by Painter Amy Sherald."

After a career of about 20 years, Sherald's work was recently acquired by the Smithsonian National Museum of African American Art and Culture and the Smithsonian National Museum of Women in the Arts.

Earlier this month, it was announced that Sherald would paint Michelle Obama's portrait for the Smithsonian's National Portrait Gallery.

In an interview with *The News-Letter,* Sherald said that she was drawn to portraiture because she grew up seeing traditional European paintings and wants to see more black representation in that historical narrative.

"Over time, black people, we became authors of our narrative, so that's why it's important to me now," she said. "Representation matters a great deal, especially in times like these."

She said that she aims to change people's expectations with her work. According to Sherald, people often expect to see a typical European style when they go to a museum, and she hopes that seeing her work on display will change their perception.

Sherald added that having her work displayed is important to her because museums elevate the importance of the narratives they present.

"It's important to have narratives and tell stories that are extricated from the dominant historical narrative, that celebrate our identity in ways that normally you don't see yourself represented," she said.

Craig Hankin, director for the Center of Visual Arts at Hopkins, said that Sherald's portraiture speaks to larger issues of identity and representation in this country.

He said that while everyone has the right to representation, many politicians don't agree. Challenging those in power is why it is important for artists like Sherald to have their voices heard.

"That's what marks her as an artist of our time, an artist who is alive and conscious and working right now," Hankin said. "Now here we are in this horrifying Trumpian era of intolerance and bigotry, and her work resonates louder than ever."

Hankin said that he hopes Sherald will show students that there are artists working locally in Baltimore. He added that she is the first Baltimore-based painter to speak at Hopkins in years.

Sherald was raised in the South, but came to the Maryland Institute College of Art to complete her master's degree. She said that her move to Baltimore caused her to shift the focus of her work to social issues after seeing the level of poverty in the city.

"It made me want to produce works that could be mirrors for people to see themselves in," Sherald said. "A lot of us are controlled by these external directives, and these external directives influence how we see ourselves and how we experience life."

> "Representation matters a great deal, especially in times like these."
> — Amy Sherald, Artist

With her artwork, Sherald said that she wants to provide a place to affirm and nurture the identities of her viewers.

Hankin added that Sherald's portraits interact with people who have been marginalized in mainstream culture, which is especially important given today's political circumstances.

"What Amy has always tried to do in her portraits and figures is to give voice and visibility to a population in our country that has been largely ignored in the fine arts, certainly in the history of Western art," he said.

Hankin added that in the current political climate, such work takes on even greater consequence.

"In this moment in our political history, I couldn't think of a more important or significant artist to have speak at Hopkins," he said.

Sherald said that it was important for her to persevere throughout her career and refuse to grow complacent with her art.

She said that it is important to commit to a goal and then think critically about how to get there and what the investment means.

"If you're not comfortable being uncomfortable, then it may not be the career for you," she said. "You have to be willing to take risks and live creatively and experience as much life as you can, because all that comes back into the work. And tell your parents that they'll be paying your rent until you're 35."

Throat Culture hosts a comical season debut

COURTESY OF THROAT CULTURE
Throat Culture opened its season last Saturday with asthma-based sketches.

By COLE DOUGLASS
For *The News-Letter*

Throat Culture, the only on-campus sketch comedy troupe at Hopkins, had its first show of the semester on Saturday, Oct. 14. Let me tell you, it had everything: inhaler jokes, back tests, vegans, inhaler jokes, witches and even more inhaler jokes.

I'm only exaggerating a little when I say that the show was about 80 percent asthmatic humor.

Still, it was a very well written show, and every sketch — no matter how odd — had the audience laughing.

In the style of iconic sketch comedy group shows such as *Saturday Night Live,* Throat Culture puts on shows three times a semester, performing both live sketches and pre-recorded content.

The show's opening skit had returning club members William Bernardoni and Kaylynn Sanders — a sophomore and a senior, respectively — welcome everyone to the show, and, having only just realized that they didn't have enough material to fill the entire hour, desperately stall for time.

Later, freshman Ben Straus played an animal-loving waiter who is unable to keep his love of animals out of his dinner recommendations for a young couple and ends up reciting a monologue about a sweet innocent calf alone in the woods.

My personal favorite was the final skit of the evening, a short about a talk show for the modern witch.

The show's hosts have to deal with their new "diversity hire": Gezmerelda, a scowling witch who is less "burn sage to cleanse evil energy" and more "talk to demonic forces and hex the innocent."

With a premise like that, it was only a matter of time until a demon was parading around the set and one of the show's guests — in this case, a Kim Kardashian-inspired blogger — was dead on the studio floor.

Watching the hosts try to keep everything running smoothly while also dealing with Gezmerelda was probably the funniest part of the entire show.

Did I mention the inhaler skits? The show's funniest and only recurring sketch started with an Asthmatics Anonymous meeting, attended by a struggling mother, an addict high on eighty 'hits' of corticosteroids and one very confused alcoholic.

Later a man (played by junior Matias Eisler) struggles to resist the sweet rush of Symbicort and instead takes a drag from a helium balloon.

In the final asthma-themed skit of the night, two characters stress over how little helium they have left. Unable to keep themselves from draining their balloons, the two argue while the helium cranks their voices to a fiendishly high pitch.

When their balloons are fully deflated, the two guiltily turn away from one another and sneak a puff from their inhalers.

It was definitely the strangest concept of the evening, but when one of the actors blows out a puff of smoke after taking a long drag on their inhaler, it's hard not to laugh.

Sophomore Emma Shannon was pretty pleased with her first performance in Throat Culture.

"I think [the show] went really well. It was super cool to be a part of it... We had a big turn out, and the audience laughed, which is always the goal," she said.

She also spoke highly of her experience with Throat Culture.

"It's nice to have a group of people who are super supportive... and love writing and acting. I was worried about getting into an established group, but we became close pretty quickly," Shannon said.

Shannon is one of the six new members of Throat Culture, along with Shivani Pandey, Jakob Pollack, David Gumino, Straus and Eisler.

If Saturday's show is anything to go by, the newcomers are excellent additions to the club.

Shannon wrote the Asthmatics Anonymous sketch, and Eisler and Straus also wrote sketches for the show.

Throat Culture's next show is scheduled for Nov. 4 and will be their 24-hour performance. Judging by their first performance, it'll be well worth checking it out.

Sandler's new Netflix film has promise

By LUIS CURIEL
For *The News-Letter*

Back in 2014, Netflix signed Adam Sandler to a four-picture deal. This meant that Netflix would finance and exclusively release four new, original films created by Sandler. Now, I don't know about you, but when I found this out I couldn't contain my frustration.

I wondered why someone as washed up as Sandler was getting the opportunity to put out art via a streaming service that, at the time, was preparing to reach its peak in terms of quality.

Sandler hadn't made anything worth watching since *Funny People,* and his performances are generally lackluster to say the least. His best film, widely regarded as the Paul Thomas Anderson-helmed *Punch-Drunk Love,* premiered in 2002.

Therefore, it wasn't surprising at all when his first three releases *The Ridiculous Six, The Do-Over* and *Sandy Wexler,* were critically panned, citing all the same issues that had faced his previous theatrical films: Sandler would more often than not opt for the easy, middle-school-level humor than attempt to generate some emotional weight.

So when it was announced that for his fourth film he would be working with director Noah Baumbach, I was shocked.

Baumbach is known for creating films with characters who are down on their luck, unable to achieve the success they've been striving for.

He directed one of my favorite films, *Frances Ha,* which follows Greta Gerwig as a quirky, twenty-something gal who's trying to do what she loves, yet life consistently gets in the way. I was curious to see how Baumbach's creativity would work around the traits that Sandler can bring to the table.

GEORGES BIARD/CC BY-SA 3.0
The cast and director of *Meyerowitz Stories* attended the film's Cannes debut.

Rounding out the cast for *The Meyerowitz Stories (New and Selected)* is Dustin Hoffman as the patriarch Harold, Ben Stiller as the youngest brother Matthew, Elizabeth Marvel as the (forgotten) middle child Jean, Emma Thompson as Maureen (Harold's fourth wife) and Grace Van Patten as Eliza, daughter to Sandler's Danny (the eldest brother).

The film explores the relationship between the three siblings and the long shadow cast by their (semi) successful father's expectations.

As college students, I think that we can all relate to the premise of the film. Be it with our parents or our siblings, we struggle to feel like we haven't disappointed someone, ourselves included.

At times the weight of our parents' failures is transferred onto our shoulders. Sometimes this can manifest itself in anger that we have to deal with while growing up.

This can lead to the development of a form of resentment that we often don't express until our college years.

The film emphasizes this through Harold's failure to be there for his kids in the midst of his attempts to be discovered as a sculptor.

Even in the present, when they are all full-grown adults, Harold fails to communicate with his children effectively, always taking control of the conversation. This is particularly

See MEYEROWTIZ, B5

Cheat Codes and CADE perform at Hoptoberfest

CHEAT CODES/CC BY-SA 4.0

Los Angeles DJ trio Cheat Codes played for students on the Beach.

By ROLLIN HU
Editor-in-Chief

I'd like to preface this by saying that I don't know who Cheat Codes or CADE are. My musical tastes are currently anti-Vietnam War songs and Chinese pop on YouTube autoplay.

That said, from my understanding, Cheat Codes and CADE are sets of youngish white males who use a lot of electronic sounds (I'm not sure what the correct term for this is) in their music.

Throughout their Hoptoberfest set, they would often hop around the stage yelling things like "One, two, one, two, three, four" or "John Hopkins, hands up, get your hands up right now."

At first I wasn't planning on going to the concert. It was a Friday afternoon and that meant going to study in Brody, but when I saw that there was a ruckus on the Beach, I decided to stop by and check it out.

Overall the music from both groups was alright, but I probably wouldn't have been able to distinguish them from the works of other artists in the same genre. It all just sounded like a combination of auto-tune and rhythmic noise.

The guy who sang from CADE was okay. He sounded a bit like Justin Bieber's voice from the "Baby" era dropped an octave and a half. The guys from Cheat Codes were pretty similar, except they generously swore when addressing the audience.

I couldn't really tell what most of the lyrics were, but I heard some phrases like "stars don't shine" and "feel your skin." I'm sure if you look up the lyrics on Google, they are profound.

I do know that CADE sampled some musical selections like "Hit the Road Jack" by Ray Charles and *The X-Files* theme song, and I'm rather proud of myself for recognizing that. Cheat Codes played a lot more music from other artists, and they had a lot more bass as my internal organs are still oscillating.

To be perfectly honest, I found these groups to be so similar that I was only able to differentiate them based on the fact that Cheat Codes had a lot more access to the strobe lights and smoke machines.

I was getting worried that passing cars on N. Charles Street would think there was a fire on the Beach.

The entertainers also had some witty banter with the audience with lines like "Make some noise if you like broccoli, you goddamn right" and "How many of you like sex? Hell yeah."

For a Hopkins crowd on a cloudy day, the audience was surprisingly alive and vibrant.

Between 80 to 100 people jumped every time the bass dropped and yelled a little bit every time the entertainer said, "Make some noise John Hopkins."

I appreciate how there was hired security for the event, but I think they were here mainly to make sure students didn't cut each other's throats to get a Hoptoberfest shirt earlier in the afternoon.

A good portion of people just came out to take a quick video to post on their Snapchat story before heading back to Brody. Shout-out to the couple of guys playing jianzi (Asian hacky sack).

There was also a drone that flew around taking a video, so that everyone's image can be used as marketing material for this band's next stop at another college.

Overall I had a pretty fun time. Judging from the smell of weed, I bet other people would say the same.

This was the first concert I hadn't fallen asleep at for a while, so that's a plus. Also, it was particularly heartening to see so many students seemingly enjoying themselves while in the depths of midterm season.

As a side note, some students may have been upset by the numerous instances in which these performers referred to our school as "John Hopkins" or "John's Hopkins" (which is what it said on their tour's promotional poster).

However, when does it get to the point where we are just deluding ourselves and other people might have a point in dismissing the "s"?

Honestly, the reason we have the "s" is kind of lame. It's something about how some Quaker plutocrat was named after his mother's maiden name. But I digress.

I suppose Cheat Codes and CADE were adequate musical guests to invite to Hopkins. I'd rank them in the top 11 of the white-guy-EDM groups that I know, which is perfect for this top 11 school.

Black female poets discuss race and sexuality

By ANNE HOLLMULLER
Senior Staff Writer

Red Emma's Bookstore Coffeehouse hosted a poetry reading by The Black Ladies Brunch Collective for a reading of poems from their book *Not Without Our Laughter: Poems of Humor, Joy & Sexuality.* This group of black female artists celebrated the importance of art, love and laughter in resisting oppression.

The Black Ladies Brunch Collective is a working group of black female poets devoted to promoting the voices of black women in art.

The Collective first formed as a social group, where female poets of color could meet, talk and offer solidarity to one another in the midst of a chaotic world.

Members of the Collective include Teri Cross Davis, Anya Creightney, Katy Richey, celeste doaks [sic], Saida Agostini and Tafisha Edwards. Although Agostini was not present at the event, several of her poems were read aloud.

The poems addressed a wide range of topics, including marriage and romance, sexuality and queer identity, and motherhood and friendship. Some poems responded to other pieces in the book while others were stand-alone pieces.

Certain poems were humorous, while others expressed pain, longing or frustration. Many of the pieces spoke to the particular joys and pains of being a black woman in America and of the intersections of female, LGBTQ and black identity.

Following the reading, members of the audience addressed questions to the poets about their influences, their collaborative process and their writing.

> "It's imperative to listen to and support voices often unheard in mainstream media."
>
> — ALIZAY JALISI, PRESIDENT OF HOPKINS FEMINISTS

Davis answered a question about how her own writing changed following the election of Donald Trump.

"I know for me, I've been writing my ass off, and part of it is because I'm writing a lot about those who are the most vulnerable. For me that's my children. I have a six-year-old son and an eight-year-old daughter," Davis said.

Davis reflected on the different ways that her son and daughter have to navigate an often hostile world.

"She [Davis' daughter] is like a bud and thorns, and I'm making her stronger and stronger. And I want her to stay sensitive. I want her to be in touch with her emotions in the way she is now and to never lose that," Davis said.

Senior Alizay Jalisi, president of Hopkins Feminists, was the leader of the trip, which the group and their co-sponsors organized to participate in this event. She discussed via email how important it is to amplify minority voices.

"Hopkins Feminists, Alpha Phi Alpha and Sigma Gamma Rho decided to take a group of students to see the Black Ladies Brunch Collective because we all think it's imperative to listen to and support voices often unheard in mainstream media, especially those of many black women," Jalisi wrote in an email to *The News-Letter.*

Following the event, members of the different groups discussed their feelings about the poetry they had heard and the topics the women had addressed.

Jalisi wrote that some of the assembled students were surprised by the poetry's focus on LGBTQ themes.

"We had expected the poetry reading to focus more on the racialized struggles of black women, and instead the poetry we heard was more about exploring sexuality and queer identity, which was surprising but still enjoyable," Jalisi wrote.

Jalisi also mentioned that the students in attendance found the writing's more graphic features challenging but compelling.

"Some aspects of the poetry felt shockingly sexually explicit, but still entertaining and exciting. I'd say we came away from the performance feeling pushed outside of our comfort zones in a good way," she wrote.

Upcoming Hopkins Feminists events include a series of informative giveaway events on Monday afternoons at the Breezeway in partnership with Students for Environmental Action on each of the remaining Mondays in October.

Rapper Quelle Chris balances humor and introspection

CARL POCKET/CC BY-SA 2.0

Quelle Chris' album features a beat made by famed producer The Alchemist.

By NIKITA SHTARKMAN
For *The News-Letter*

A lot of life is dedicated to the age-old cliché: finding yourself. This is a topic that rap, one of the most personal art forms, hasn't really touched upon.

In most rap projects, the rapper doesn't question himself at all. In fact the very concept of being questioned is seen as disrespectful.

This is why Detroit producer and MC Quelle Chris' quirky, fun and thoughtful project *Being You Is Great, I Wish I Could Be You More Often* released on Feb. 10, 2017, feels like a novel and exciting album.

I think the first song (and my favorite track) "Buddies" is the perfect introduction for the trippy journey that Chris takes the listener on.

Braggadocio is nothing new to rap, but this song takes it to a wild extreme. Chris plays with the idea of "feeling yourself," being confident and the self's relationship with itself.

It's exactly as weird as it sounds — the pronouns "you," "me" and "we" are all used interchangeably. But it works.

Chris raps in this choppy, one-line-at-a-time flow that would sound forced and off-beat for any other artist who doesn't have his goofy voice and confident delivery.

The lyrics are so simple, but loaded with faux self-praise: "I fuck with myself/I fucks with myself/Might bring myself some flowers/I'm in love with myself."

The song becomes something more than just a rap track; it evolves into a trippy chant of self-love: "I might just jump back and kiss myself," the chorus drones over and over.

You can't help but laugh at the lyrics. Chris somehow perfectly captures the falsity of blind self-confidence and self-love — you can feel the cracks in the foundation as the song goes on.

"Buddies" flows perfectly into "Popeye," where, over a beautiful choral-backed instrumental, Chris takes the little cracks he set up in "Buddies," and spreads them wide open. Suddenly the feeling of unmitigated happiness and joy is set upon by self-doubt and an existential sadness.

"Great regrets define my image/Seems I never reach the goal, but always reach the finish," he mumbles, lamenting his bent for procrastination.

"Popeye" shifts the viewpoint from introspective to the perspective of others: "They say I'm a good guy/ I guess I'll take they word, it's more a burden to deny."

While widening the view, the album continues to get more and more personal. It almost feels like the ripped out pages of a diary or notebook that have somehow been shared with the world.

The song, "In Case I Lose Myself in the Crowd," is written like an even darker chant; "If I can't find peace of mind/put a piece to my dome," are two of the most overtly harsh lines on the project.

Even though its extremely personal (almost self-confrontational), Chris still finds ample opportunity to be funny. The most overtly hilarious track is "I'm that Ni#%a," which plays with the template of blinding confidence that is so prominently present rap.

Chris' name-drop heavy first verse has killer one-liners such as "Gordon Ramsey came over and cooked up a n**** a festival/He's like Q you that n****, I'm like yo get off my testicles."

Denmark Vessey, a frequent collaborator with Chris, follows up with an equally hilarious verse that starts with, "Ay I hate to brag, I hate to gloat, I hate to lie yo/ I just came to use your wifi 'cuz mine's slow."

The next few songs deal with darker anxieties. "Birthdaze" is a thorough look into loneliness and mortality, with the cleverly devastating hook — "Feels like my birthday today and those are the worst days/If it's a race for the end, then why come in first place?"

With each song, Chris seems to be falling further and further into this self-loathing and depression, despite his innate sense of humor.

The climactic turn of this album is on the last song of the project, "It's Great to Be." Chris portrays a true spiritual awakening on the track.

Quelle Chris has gone through an Odyssean journey through his psyche, traveling from the false confidence he represents on the first song with fake-sounding statements, to an actual song of true self-affirmation.

The goofy overtone of "Buddies" is exchanged for a clear frankness. Chris goes so far as to re-record the "I fuck with myself" chants, but this time there is a spiritual eagerness behind each statement.

The vocal chops on "Encore" show that "It's Great To Be" is the true last track of the project and the next two (nonetheless great) songs are bonus tracks.

There are few albums that are as personal and unique as *Being You Is Great, I Wish I Could Be You More Often.* Quelle Chris made a project that takes us through his mind, showing us every aspect of being human.

Concept albums can easily become too lofty and hard to listen to — but Chris somehow perfectly captures the fickleness of the mind without ever falling into the trap of using inappropriately obtuse references and confusing words to make himself sound deeper.

Instead, Chris goes the opposite route, making every single song simple and clear, yet profound and interesting. I think that this is an important project that anyone can listen to — hip hop fan or not.

Professor Wayne Biddle's pop culture picks

COURTESY OF MARGARET MOON
Biddle teaches non-fiction in the Writing Seminars Department.

Professor Biddle is a Baltimore native who teaches in the Writing Seminars Department. A former reporter for *The New York Times*, his speciality is non-fiction writing. He teaches a variety of courses including this fall's "Non-fiction in the Post-Factual Era."

1. Arvo Pärt's *Alina*

Head full of razor-blades? Turn off the lights, stretch out on the couch and close your weary eyes. Gone, guaranteed.

2. John Coltrane Quartet's *Ballads*

"Too Young to Go Steady" has way more going on than Pat Boone ever, ever did.

3. *Woman In the Dunes* directed by Hiroshi Teshighara

Sand, sand everywhere; more sand than *Lawrence of Arabia*. A gem of Japanese New Wave cinema.

4. *The Decision to Use the Atomic Bomb* by Gar Alperovitz

Mass destruction of the patriotic myths deployed — still deployed — to justify nuking Hiroshima and Nagasaki.

5. Franz Schubert, Piano Sonata in A major, D. 959

Listen closely as you might think you hear the tiniest bit of ragtime. No accident Scott Joplin was called the American Schubert.

HSO delivers a fantastic opening performance

By SARAH SCHREIB
Staff Writer

In its first performance of the season, this past Sunday, Oct. 15., the Hopkins Symphony Orchestra (HSO) assembled at the Baltimore War Memorial.

While the HSO normally performs in Shriver Hall, recent construction has forced a move to the War Memorial, a stately monument located in the Inner Harbor.

Before the performance, audience members were invited to take a Baltimore Heritage tour of the historic building.

The main hall of the memorial, where the concert took place, was a grand rectangular space with high stone walls, lines of glowing chandeliers and a single flame burning on the back wall.

This setting was fitting for the bold, sweeping sound produced by the orchestra conducted by Jed Gaylin.

The orchestra itself consisted of a sizeable string section up front and a smaller wind section positioned on elevated stands in the back. Though there were only three string bass players, they still managed to create a full sound.

The first piece of the afternoon was Prelude and Quadruple Fugue, Op. 128. The piece, composed by the 20th century composer Alan Hovhaness, began with a slower, more rambling melody in the Prelude. As it transitioned to the Fugue, the tempo built and the brass section became more involved.

Max Derrickson, the writer of the program notes, described this part of the piece as a "tour-de-force." The fullness of all the sections playing together echoed throughout the space, enveloping the audience in a cave of sound.

The next piece was the Violin Concerto in D Minor, Op. 47, composed by Jean Sibelius. According to Derrickson, among the concertos in Sibelius' repertoire, this is one of the "most popular, most performed and most recorded."

The violin solo was performed by Jonathan Carney, the Baltimore Symphony Orchestra (BSO) concertmaster. Carney is currently in his 16th season with the BSO and previously performed 12 seasons with London's Royal Philharmonic Orchestra.

He also currently serves as artistic director for the Maryland Classic Youth Orchestra and is an artist in residence at the Baltimore School for the Arts.

His years of experience and passion for the instrument were on show that afternoon as he skillfully glided up and down the fingerboard between lower notes and harmonics, his entire body swaying with the melody.

The first movement began by featuring Carney, who stood in front of the conductor. He was accompanied by a pulsing string section which transitioned into a bolder sound as the piece developed.

The second movement added more sound from the rest of the strings but retained the more somber tone of the first.

SMASH THE IRON CAGE/CC BY-SA 4.0
The first concert of the year was hosted at the Baltimore War Memorial.

As Derrickson noted, it takes almost four minutes for the "dark hues" to rise above the human speaking range.

Finally, the last movement brought a sudden shift in momentum. Each note was emphasized as the tempo grew faster and faster. Carney nimbly shifted between notes at incredible speeds until the final beat.

Several audience members leapt to their feet after the final note. This led to a standing ovation from almost the entire crowd that lasted minutes. It was by far the most lauded piece of the afternoon.

The final piece, Georges Bizet's Symphony in C, was the longest and most dynamic. The first movement featured the oboe, which sounded like a bugle horn announcing the start of the piece.

After the introduction of the oboe and later the flute, the strings erupted in a bright melody that was matched by the deep calls of the brass and reeds.

Drawing a stark contrast from the first movement, the adagio movement was smooth and tranquil, evoking a calm running stream. The notes soon transitioned into a meandering snake-like pattern, with sparse plucking from the string section.

The last movement brought the concert to an energetic, joyful end. From start to finish, both the strings and the winds maintained a series of bouncing, fast-paced notes. Derrickson describes this element of the symphony as an, "'off-to-races' kind of finale."

The HSO's next performance will be Dec. 3 at the Memorial. The concert will include performances of Johannes Brahms' Tragic Overture, Op. 81 and Variations on a Theme by Joseph Haydn.

It will also feature the mezzo-soprano Monica Reinagel and baritone Jason Buckwalter along with the JHU Choral Society and the Baltimore School for the Arts for Duruflé's Requiem.

Sandler teams up with Noah Baumbach in new film

From MEYEROWITZ, B3

hard for Danny, played with a certain man-childness that fits Sandler's acting traits perfectly.

He's focused on becoming a great father to his daughter, and it's reflected in their relationship. Danny may not be a very successful man, but he succeeded at something his father failed at.

Even Matthew, who, contrary to Danny, is successful in economic terms, isn't sufficient for Harold due to the type work he engages in (he's a business manager instead of an artist).

Matthew's frustrations stem from this idea that he isn't ever going to be good enough for his father no matter the level of economic success he reaches.

However, he isn't without his own faults too. Matthew is failing his child and family in the same way that his father failed him.

The constant travel his job requires causes strains in his relationship with his only son, and he's distanced himself so much from his siblings that they don't know how to contact him.

On the other hand, Jean falls into the familiar trope of the middle child, being forgotten and taken for granted by the family. She is such an afterthought that when we first see her, the camera needs to pan out to show us that she is in fact present at the family home.

Elizabeth Marvel does a fantastic job showing the emotional and developmental-fucked-upness that growing up in such an environment can do.

She also gets her own little story towards the end that I won't spoil, but it definitely feels like it has a profound effect on her development.

Baumbach and company do a fantastic job throughout the movie at showing us the dysfunctionality that this particular family suffers through.

This film doesn't pull any punches and mixes in humor with moments of sincerity that allow every cast member to shine.

Although the final act does drag a bit in the final 15 minutes, it provides a resolution that is very real and at the very least satisfying.

Greta Gerwig's influence on Baumbach is evident in this film. You still find the themes that make a Baumbach film, well, a Baumbach film, but it's also infused with a sense of randomness and bewilderment that are commonplace in his collaborations with Gerwig.

The Meyerowitz Stories (New and Selected) is a fantastic film that reminds us not only of Adam Sandler's talent but also that while we may not always be able to forgive our parents, we can still love them.

You can stream *The Meyerowitz Stories (New and Selected)* now on Netflix.

CARTOONS, ETC.

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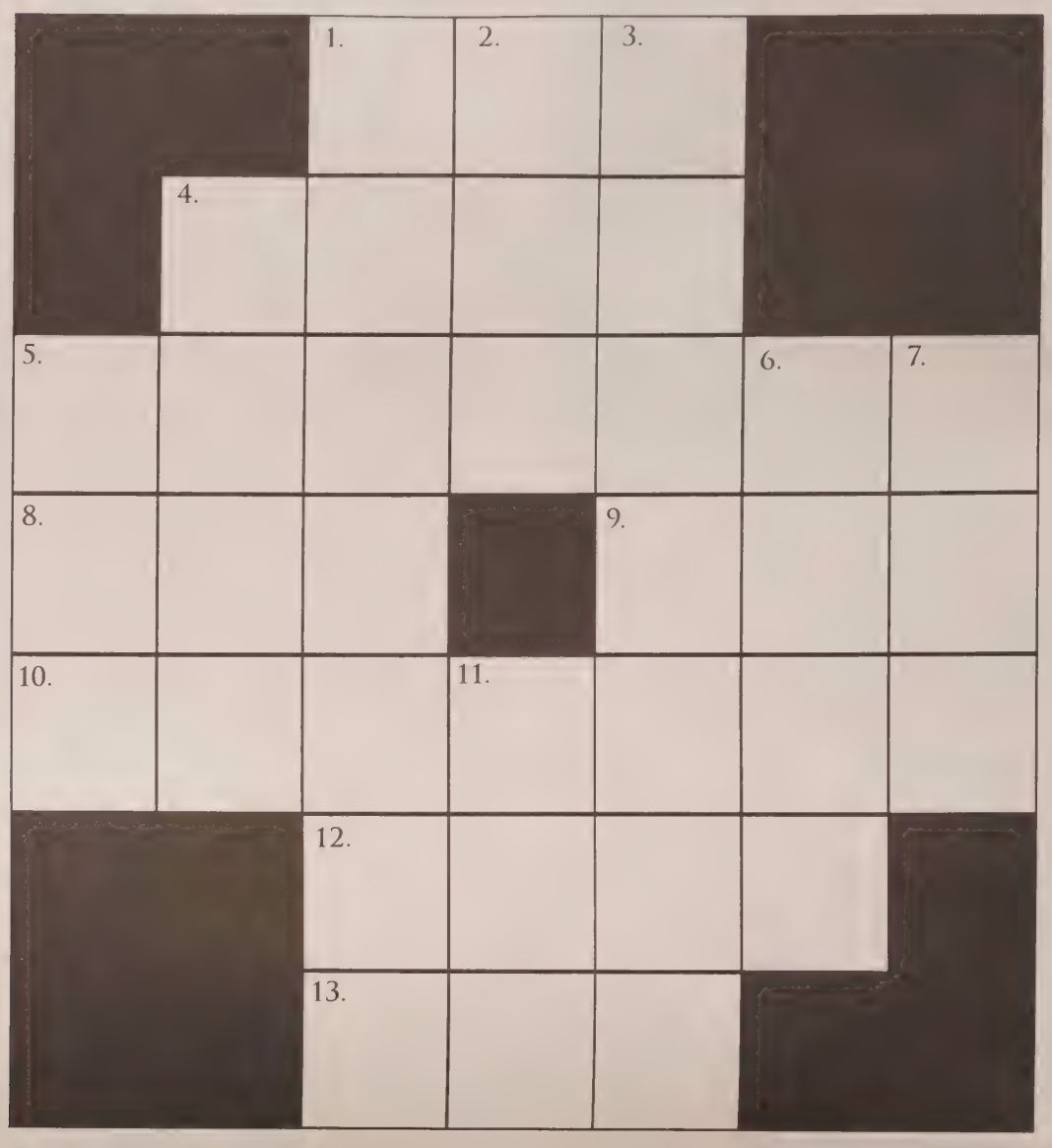
10/19/2017 Crossword

By: ROLLIN HU



ACROSS

1. #callfornostalgia
4. Operatic solo
5. Has wings, breasts and drumsticks
8. Former symbol for element 101
9. European bank
10. "_____ ____ Circumstance" a march played during graduation
11. Part of a window
12. Bad cholesterol type

DOWN

1. Success synonym
2. Pen manufacturing company
3. Slang for sacrifice
4. Panicked decline
5. Red solo ____
6. "a" German
7. Don't worry about it *acr.*
11. To muffle

Answers available online at http://www.jhunewsletter.com/category/cartoons/

Dropping The Ball

By KIMBERLY GONZALEZ

Science & Technology

Most popular banana species may soon be extinct

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The fungus Fusarium wilt is killing off the Cavendish variety of banana in Australia and Asia.

By CINDY JIANG
For *The News-Letter*

Can you imagine heading over to a nearby grocery store to pick up some items and being unable to find a banana? Today the banana is one of the most common fruits purchased by consumers. In particular, the Cavendish variety, which is curved and yellow, makes up almost 100 percent of all marketed bananas in the United States.

Given how popular bananas are, it might be difficult to think of a world where they are no longer at fruit stands or stores. However, scientists are now desperately attempting to combat the effects of a fungus known as the Fusarium wilt, or Panama disease Tropical Race 4 (TR4).

The fungus damages the banana plant's vascular system, rendering it incapable of obtaining water. This fungus has been effective at eliminating tens of thousands of acres growing Cavendish bananas on the Australian and Asian continents.

The areas around Central and South America are projected to be next in the path of the fungus. This poses a great threat to the banana supply in the United States, since the U.S. imports most of its bannanas from Latin America.

This epidemic also has serious economic implications because it places the entire $12.4 billion global banana exportation business in jeopardy.

A reason for the Cavendish's downfall may be attributed to the fact that it is a monoculture, meaning that it has no genetic diversity — every banana is an identical clone. Some like Dan Koeppel, the author of the book *Banana: The Fate of the Fruit That Changed the World*, deem monoculture as much of a problem as the TR4 fungus.

"India had about 600 varieties [of bananas], but over the past two decades the Cavendish has pushed out and replaced many of those," Koeppel said, according to the *Washington Post*. "And when you replace a varied multiculture with a monoculture, if a disease happens, you're in trouble: nature comes back and bites you."

Any chemical means of controlling the pest, such as fungicides and fumigants, have proved ineffective. Since the Fusarium wilt is contagious and has the ability to remain dormant for extended periods of time, the only remedy to exposure is to start over from scratch.

According to Randy Ploetz, who is a plant pathologist at the University of Florida, "[in a few years,] affected plantations aren't going to be able to grow anything, because the replacement is not there."

James Dale, who is a professor of biotechnology at the Queensland University of Technology, is currently at the forefront of efforts to develop a more resistant type of banana that maintains qualities comparable to the sweetness and transportability of the Cavendish.

The TR4 fungus was discovered in 1989 by Randy Ploetz, but it wasn't until 2007 that the gene responsible for TR4 resistance in Musa acuminata bananas was isolated enough to be used for testing in Dale's lab.

The results from Dale's trials were optimistic, and his experiment may be the Cavendish's best chance to stay the most commercially successful variety of banana.

However, Dale is no longer alone in the race to save the Cavendish, as botanists from other organizations are simultaneously trying to assess resistance to TR4 in other strains of bananas and to breed them with the Cavendish.

This epidemic isn't an entirely new phenomenon. In the 1950s the appearance of the Tropical Race 1 (TR1) fungus nearly wiped out the Gros Michel banana, whose status at the time was comparable to that of the Cavendish today.

But with these ongoing studies, history may not repeat itself this time around.

Pet store puppies cause big bacteria outbreak

PUBLIC DOMAIN

Puppies from Petland trasmitted a bacterial disease among 55 people.

By JAEMIE BENNETT
For *The News-Letter*

They've infiltrated our homes and our hearts: 44 percent of Americans own dogs and enjoy taking their wet-nosed best friends on routine walks and pampering them with a treat or two.

It is easy to forget, however, that dogs and puppies are animals, and animals have the potential to carry diseases. Recently an outbreak of campylobacteriosis has infected 55 people, and it seems to be coming from puppies purchased from Petland.

> "Clinical samples in this outbreak appear to be resistant to first-line antibiotics."
> — Center for Disease Control

Petland, founded in 1967, is an international chain that sells pets and pet-related products. They have stores in Japan, South Africa, China, Canada, Mexico, Brazil, El Salvador and 80 stores across the U.S.

The symptoms of Campylobacteriosis usually present themselves two to five days after exposure and can include bloody diarrhea, vomiting, abdominal pain and fever.

Since January 2009, there have been 13 outbreaks of campylobacteriosis associated with contact with dogs, according to the Centers for Disease Control and Prevention (CDC). Camplyobacteriosis is caused by the bacteria campylobacter, a relatively common infectious organism.

There are 1.3 million cases of diseases caused by campylobacter per year. Campylobacteriosis can

See PUPPIES, Page B9

Report shows that one in four Americans are obese

By SABRINA CHEN
Science & Technology Editor

According to a recent report published by the Center for Disease Control and Prevention (CDC), America's obesity rate has once again reached an all-time high. The report was published by statisticians last week and demonstrates that nearly four in ten American adults have body mass indexes (BMIs) in the obese range.

Body mass index is a measure of body fat based on an individual's height and weight. While it is not a direct measure of body fat, research has shown that BMI is moderately correlated with other body fat measurements and strongly correlated with a person's metabolism.

BMIs sort individuals into four different categories: underweight, normal, overweight and obese. In order for an individual to qualify as obese, their BMI must be greater than or equal to 30 kilograms per meter squared.

While previous studies have shown America's obesity rate to have leveled off in the last few years, this new study from the CDC demonstrates that weight control is still a prevalent issue in the United States.

Historically, obesity rates in America have skyrocketed within the past few decades. In 1976 the national survey found that only about 15 percent of adults and 5.5 percent of children were obese.

Even compared to the adult obesity rate of 30.5 percent in 1999 and 2000, the current measure is dramatic, showing a nearly 10 percent increase within the last 16 years.

The study also shows that 19.5 percent of children aged two to 19 meet the BMI criteria for obesity. This

See OBESITY, Page B9

PHOTO CREDIT

The CDC attributes the increasing obesity trend to unhealthy eating.

Smoking pot can increase violent behavior later in life

By JESSICA KASAMOTO
For *The News-Letter*

In pop culture cannabis is typically associated with feelings of relaxation, but recent studies have shown that the using cannabis frequently can lead to an increase in violent behavior later in life.

According to the National Institute on Drug Abuse, cannabis, more commonly called marijuana, weed or pot, comes from the dried flowers of Cannabis sativa.

While the drug can be used medically to treat muscle spasms caused by multiple sclerosis, nausea caused by chemotherapy and seizure disorders, many people use cannabis recreationally for the calming feeling that comes with the drug.

The chemical most responsible for the feeling is delta-9-tetrahydrocannabinol (THC); this cannabinoid, after entering the body, attaches itself to specific sites in the brain. These bindings ignite a string of chemical reactions in the body, producing the effects many users feel when they smoke or otherwise ingest marijuana.

Currently, in the United States, medical marijuana in some form is legal in 29 states and Washington, D.C. Limited recreational use is legal in Alaska, Colorado, California, Maine, Massachusetts, Nevada, Oregon, Washington and Washington, D.C., while Arizona, Florida, Nevada, Michigan and Missouri have initiatives to legalize marijuana in upcoming elections.

While it is common for teens and young adults to experiment with the drug for its calming, seemingly short-term effects, according to a new study, frequent use of this drug can have consequences, specifically, violent tendencies.

The problem with examining the relationship between cannabis and violent behavior is that it is difficult to tell whether cannabis is a causality or merely a behavior associated with another factor leading to the violence.

However, a new study on marijuana use published in *Psychological Medicine* followed participants for fifty years, from childhood to adulthood. By conducting the study for a longer period of time, researchers hoped to more clearly identify which came first: the violent behavior or the use of marijuana.

The subjects of this study were 411 boys from London, all born around the year 1953.

Researchers found that 68 percent of the boys never tried cannabis, and hardly any of these boys had any reported onsets of violent behavior.

PUBLIC DOMAIN

Studies show frequent use of cannabis can increase violent tendencies.

The other 38 percent had tried cannabis at least once in there life, and 20 percent of those who tried it continued to use it well into their 30s and 40s. Twenty two percent of users were reported for violent behavior after beginning to frequently use cannabis, while only 0.3 percent were reported to be violent before.

Even after researchers took into account other factors for each individual boy, such as family history, mental illness and other drug use, the use of cannabis seemed to be the strongest predictor of violent behavior late in life.

Another recent study published in *Frontiers in Psychiatry* looked at 1,136 patients between the ages of 18 and 40, all with mental illnesses.

In fact, according to the principal researcher Alexandre Dumais, the patients who've been reported to use cannabis seem to be 144 percent more likely to be violent.

"The interesting feature of [their] results is that the association between persistent cannabis use and violence is stronger than that associated with alcohol or cocaine," Dumais said, according to *ScienceDaily*.

Therefore while the use of cannabis is seen by many teens as a harmless de-stressor, these studies are beginning to prove that there may be more long-term negative effects than people think.

Mosquito gut microbes can eradicate malaria

By SHERRY SIMKOVIC
Staff Writer

In a new study at the Johns Hopkins Bloomberg School of Public Health and the University of Maryland School of Medicine, microbiologists genetically modified mosquitoes to be more resistant to Plasmodium, the parasite that causes malaria, by changing the composition of the mosquitoes' gut bacteria.

An estimated 300-600 million people suffer from malaria each year worldwide. More than one million people die from malaria each year, mostly children in sub-Sahara Africa younger than 5 years old. Anopheles gambiae mosquitoes transmit the disease from person to person.

Insecticides, drugs and mosquito net use has contributed greatly to stopping the spread of malaria. However, mosquitoes have developed resistance to insecticides, and Plasmodium has developed resistance to the medications doctors prescribe, such as chloroquine. These developments make the process of eradicating malaria increasingly difficult.

Scientists have recently genetically modified (GM) mosquitoes to be resistant to Plasmodium. Yet researchers are concerned about how well GM mosquitoes could compete and mate with wild mosquitoes to pass along the desired resistance to their offspring.

The team, led by Andrew Pike, a postdoctoral fellow at the University of Maryland School of Medicine, attempted to make mosquitos more resistant to Plasmodium infections by mutating immune-related genes in the mosquitoes' guts. One of two genes was mutated — either the carboxypeptidase (CP) or vitellogenin (Vg), and both strains of mosquitoes were resistant to both bacteria and Plasmodium.

Pike and his team then mated each of the strains with wild mosquitoes. They found that mutations didn't lead to any changes in the number of eggs laid, rate at which eggs hatched or the ratio between males and females, as well as size of mosquitoes. Further, they found that both strains had significantly reduced numbers of bacteria in their midguts compared to wild mosquitoes.

The researchers then tested how competitive their new strains of mosquitoes were compared to wild mosquitoes.

They kept equal numbers of GM mosquitoes and wild mosquitoes in a cage together and monitored the population size for 10 generations to ensure that it stayed constant. They found that 90 percent of the offspring in each generation carried the GM trait.

They also discovered that the GM mosquitoes in the 10th generation showed much higher resistance to Plasmodium than the 10 percent of mosquitoes that didn't carry the resistance trait. The results indicate that GM mosquitoes have a biological advantage over wild mosquitoes.

Next they looked at how mutations to two other genes that increase resistance to bacteria and Plasmodium alter how mosquitoes mate. The team raised GM and wild mosquitoes, giving some antibiotics and others none. Treating mosquitoes with antibiotics resulted in the removal of microbes from the guts of the mosquitoes.

They then mated GM mosquitos with wild ones and treated all the offspring with antibiotics, finding that the parent mosquitoes passed down the gene 75 percent of the time to their offspring.

The researchers hypothesized that the mosquitoes may have adapted to changes in their microbiota, caused by both the genetic mutation and antibiotic treatment, and subsequently altered how they chose a mate.

When the team did not treat the mosquitoes with antibiotics, meaning their microbiotas were intact, they found that male mosquitoes preferred to mate with a female of the opposite type: GM males preferred to mate with wild females and wild males preferred to mate with GM females.

The researchers noted they may have observed different results if they had conducted the same experiments in nature rather than in the laboratory. Nevertheless, they proved that GM mosquitoes have the potential to compete with wild mosquitoes and could spread Plasmodium resistance among mosquito populations, greatly decreasing the incidence of malaria.

PUBLIC DOMAIN
Mosquitoes have been genetically modified to be Plasmodium resistant.

Volunteers swallow bacteria to test typhoid vaccine

By ALLISON CHEN
For *The News-Letter*

PUBLIC DOMAIN
Over 100 participants participated in the study to test the effectiveness of a new experimental typhoid vaccine.

Some of them did it for science, others out of curiosity. Some had altruistic motives, others just had plans for the $4,000 they would be receiving after the study.

All were participants in a clinical trial that involved drinking a dose of live typhoid bacteria handed over by nurses fully outfitted in splash-proof plastic aprons, gloves and face shields.

The study, conducted in Oxford, England, drew over 100 participants.

The purpose was to test the effectiveness of a new experimental typhoid vaccine. The results of the experiment were a success.

Researchers found the vaccine to be 87 percent effectiveness. This vaccine is the only vaccine currently safe to administer to infants, and it is already seeing widespread use in India.

The type of trial used is known as a "challenge test." It served as a quick way to confirm the vaccine's effectiveness.

According to Dr. Anita Zaidi, director of enteric and diarrheal diseases for the Bill & Melinda Gates Foundation, by deliberately infecting participants with typhoid, it eliminated the necessity of waiting for subjects to contract the disease naturally.

"If we'd done this in the field, we would have had to follow children for three or four years," Zaidi said, according to the *New York Times*.

For the participants, the study was not as dangerous as it sounds, since typhoid fever is now treatable with a variety of antibiotics, from ciprofloxacin to azithromycin.

Applicants to the study were also carefully screened, a process which involved undergoing ultrasounds to ensure that they had no gallstones, which can harbor the typhoid bacteria for decades.

Despite the heavy preparations and treatability of the disease, the trial still had the potential to be unpleasant.

Some participants received a placebo, usually another type of vaccine such as meningitis, since administering entirely functionless placebos is now a discouraged practice.

According to the *New York Times*, of those who were given the placebo vaccine, each had a slightly different experience, from intense flu-like symptoms — fevers, joint pain, headaches, nausea — to no symptoms at all, as in the case of 24-year-old graduate student Nick Crang who discovered he had a natural immunity to typhoid.

"I'm the lab rat who's screwing with the figures," Crang said to the *New York Times*.

Aside from the unique immunity, many of the participants were similar to Crang in profile: young, well-educated, with a background in the health sciences. Their reasons for doing the trial, however, varied.

Typhoid fever is caused by the bacteria Salmonella typhi and spreads through contaminated food and water.

Its symptoms can include fever, loss of appetite, constipation and a rose-colored rash. If left untreated, symptoms can persist for almost a month and there is a 12-30 percent mortality rate.

Sanitation infrastructure, vaccination and antibiotics have made the disease uncommon in industrialized countries, like the U.S (there are fewer than 6,000 cases per year, 75 percent of which are acquired during international travel).

However, typhoid fever remains a menace in developing nations, annually killing almost 220,000 people worldwide.

The vaccine the participants were testing, as a result, has the ability to have a significant positive impact, especially since it can be cheaply manufactured.

The coordinator of the clinical trial, the Oxford Vaccine Group, as well as the sponsor of the project, the Bill & Melinda Gates Foundation, both hope that the World Health Organization will endorse the vaccine soon.

Wrap up: the latest in technology...

By WILLIAM XIE
Staff Writer

Google commits a record $1 billion to promote innovation

Google's CEO, Sundar Pichai, recently announced a five-year plan to contribute one billion dollars in grants and one million volunteer hours to promote technology and innovation. The plan focuses on impacting three areas: education, economic opportunity and inclusion. The grants will go to nonprofit innovators who work to improve the aforementioned areas.

Last year Google committed $50 million to support innovative educators. According to *Google.org*, the grantees are in the process of launching new learning platforms, building self-directed learning apps and introducing new online lesson plans for educators.

According to the World Economic Forum, by 2020 a third of the jobs will require skills not common in today's workforce. In early 2017, Google committed $50 million to prepare for the need for certain skills in the future.

Google's one billion dollar commitment may be the largest advance toward offering and improving technology opportunities.

Uber objects to London ban

Last month, London's government organization responsible for transportation, Transport for London (TfL) decided to seize Uber's licence of operation. TfL rejected Uber's operation due to four main concerns, including the way Uber reported criminal offences, processed background checks for drivers, obtained medical certificates and used alleged unsafe software.

"While we have today filed our appeal so that Londoners can continue using our app, we hope to continue having constructive discussions with Transport for London. As our new CEO has said, we are determined to make things right," an Uber spokesperson said in a press release.

Currently there are three and a half million users in London and forty thousand drivers. Although Uber's license expired on Sept. 30, service will continue for the millions of registered passengers until after the end of the appeal process.

U.S. consumers are buying more iPhone 7s than iPhone 8s

According to a recent report by Reuters, Apple's older model, the iPhone 7, is outselling the newly launched iPhone 8. Traditionally the newest models of the iPhone have sold quickly as soon as they are released on the market. The iPhone 8 includes new features such as a glass back for wireless charging but otherwise resembles the iPhone 7.

"Many respondents indicated that a meaningful portion of customers are buying iPhone7 in lieu of the new iPhone8 given the lay of significant enhancements in the new phone," John Vinh, KeyBanc analyst, said according to Reuters.

The iPhone 8 is marketed starting at $699, while the iPhone 7 costs $549 after the recent price cut. U.S. carriers have also been slow to advertise the new iPhone, compared to previous models. Furthermore, the iPhone X, a stainless steel and glass anniversary version of the iPhone will start to ship on Nov. 3. These are all reasons that may contibute to the lower sales of the recently launched iPhone 8. Still, Apple's shares have gone up a little more than one percent since the release of the phone.

Planet outside our solar system may contain life

Jaemie Bennett
Life on the Edge

I can't say I've always been an avid believer in the existence of extraterrestrial life.

I never truly considered that life might exist somewhere else in our universe — at least not until I realized just how tiny our planet really is.

Once I understood that we are nothing more than a microscopic speck of dust within the Milky Way, it then seemed impossible to me that there wouldn't be life out there, somewhere.

While I won't go so far as to say that there are aliens duking it out on some light-speed traveling spacecraft (although that would fulfill all our science fiction fantasies), I do firmly believe that a community of single-celled organisms are replicating their days away somewhere up in the sky.

I'm not the only one; real life scientists have set to work scouring the universe for planets with the right conditions to cultivate life. And this past year, they've found one: planet e of the TRAPPIST-1 system.

TRAPPIST-1 is a dwarf star located 39 light years away in the constellation Aquarius. Compared to our sun, it is much, much cooler and much, much smaller. Because not as much heat is given off by TRAPPIST-1, the probability of life around the star should logically be small.

However, because of the tight orbit of TRAPPIST-1's seven known exoplanets, they actually may be within an inhabitable zone. The planets are all terrestrial (rocky, as opposed to gas), approximately Earth-sized and transit their sun (meaning they pass in front of TRAPPIST-1, from our view on Earth), making it our current, most ideal system to research and analyze for life.

The seven planets of TRAPPIST-1, from closest to furthest from their sun, are planets b, c, d, e, f, g and h. Researcher Eric T. Wolf of University of Colorado, Boulder, set out on a mission to further research these planets and analyze their propensity to cultivate life.

Since Earth is our one and only example of a life-supporting planet, our search for other habitable planets means looking for exoplanets similar to Earth. Long story short, we must find something we all likely take for granted: liquid water.

Now at this point you might be asking the same question that I have asked for years: Why should we assume that life needs water? Isn't it possible for some tiny single celled organism to live in an environment without water?

The answer is that liquid water is a highly unique substance and acts in organic processes in such a specific way that we have yet to find a molecule to replace it.

That's why, in Wolf's quest to determine the probability of life in the TRAPPIST-1 system, he evaluated the potential atmospheres of the planets to determine if they could retain the heat needed to keep water in its liquid state.

Liquid water requires a surface temperature of 273 K to 373 K. Too low, it freezes, and too high, it turns to gas.

All the planets were initially thought to be in the range, but Wolf found that only TRAPPIST-1e, the middle of the seven planets, could realistically support life. He used the National Center for Atmospheric Research Community Atmosphere Model version 4, which has previously been used to study many Earth-like atmospheres, to simulate the conditions of their surfaces over time.

Assuming the initial conditions of a surface with complete liquid water and various atmospheric conditions with nitrogen, carbon dioxide and gaseous water (conditions similar to Earth), Wolf ran the simulation to determine the feasibility of life.

Wolf found that planets b, c and d, the innermost planets, would experience a "runaway greenhouse" effect, a vicious cycle where the atmosphere traps heat and that heat causes a thicker atmosphere, which traps even more heat and on and on. This is very bad for the presence of liquid water, since it would quickly (in terms of an astronomical timeframe) boil and evaporate.

Planets f, g and h, the outermost planets, would meet the opposite fate, sliding into a "snowball state." Even at the most ideal conditions, the atmosphere of these planets could not retain enough heat to keep their surfaces from becoming covered in ice.

TRAPPIST-1e, however, seems to hit the jackpot. Under a multitude of atmospheric conditions, planet e can maintain a stable enough temperature to retain liquid water, allowing for life to possibly begin. And just like that, the possibility of finding extraterrestrial life has once again increased.

Although the remote possibility of finding water in space may seem underwhelming, I must disagree.

It is amazing that humans can point cameras to the heavens and determine the feasibility of life staring back at us.

The system of TRAPPIST-1 was first discovered in 2011, and in six years we have certainly learned a lot about the universe outside our little solar system. This dwarf star system, 39 light years away from you and me, is a breeding ground for imagination that is currently being turned into science.

And, considering the young age of our adventure into astrobiology, it makes me wonder: How many more life-sustaining planets are we soon to find?

Video game players show higher learning abilities

By TERESA NG
For *The News-Letter*

A video game obsession is the bane for many parents who wish their child would focus more on their schoolwork, chores or other responsibilities. Traditionally, video games have been linked to lower productivity levels in adolescents.

However, a new study by the Ruhr-University Bochum demonstrated that video gamers are much better at learning than non-gamers, particularly when it comes to probability.

The study involved 34 volunteers who played a game that tested their ability to learn probabilities. Half the volunteers self-reported that they gamed over 15 hours a week, while the other half were not regular gamers. Their brain activity was recorded with magnetic resonance imaging (MRI).

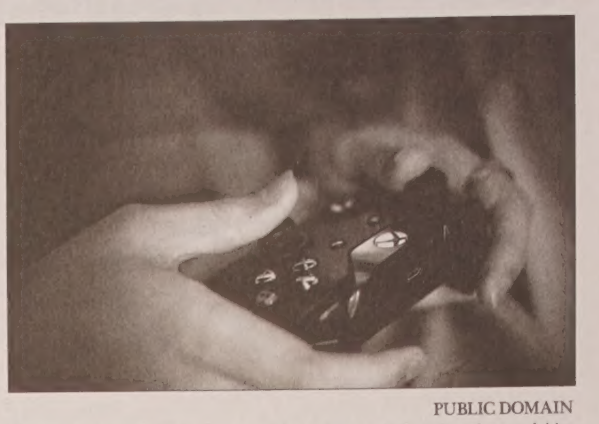
The game, a well-known test for probabilistic learning, is called the weather prediction task. Participants are shown successive sets of three cards with symbols on them. Each set is then linked to different probabilities of "sun" and "rain."

The participants then have to guess whether the sets correspond to "sun" or "rain." They are shown whether their guess was correct after each set.

The researchers found that gamers were significantly better at associating the card sets with the correct result, even when the probability of the result was nearly evenly split — for example, with combinations which predicted 60 percent rain and 40 percent sun.

According to Ruhr-University researcher Sabrina Schenk, gamers also scored better on a post-game questionnaire about the knowledge they had gained about the sets.

"Our study shows that gamers are better at analyzing a situation quickly, to generate new knowledge and to categorize facts — especially in situations with high uncertainties," Schenk said, according *ScienceDaily*.



PUBLIC DOMAIN
The study showed that gamers are better at analyzing situations quickly.

The results of the study indicate that gamers seem to have the skillset needed to analyze situations quickly.

Researchers think that this might be because video games can help develop brain regions such as the hippocampus, which is responsible for learning and memory. In this particularly study, the MRI scans of the participants' brains did show higher activity in the hippocampus.

This study's findings add to a growing body of research showing that video games are good for your brain. Previous studies link gaming to better problem solving, visual processing and task performance.

The study's implications could well go beyond being an excuse for teens who love to game. Schenk believes that it could be good news for the elderly. Since the hippocampus is associated with memory performance, video games could be used to help treat memory loss. Video games may prove to be a new, interactive way to learn.

New CDC report demonstrates spike in obesity rate

OBESITY, *Page B7*

is an over five percent increase from the 13.9 percent of obese children at the start of the century.

Statisticians at the CDC broke down the report into a demographic profile as well, finding that about 47 percent of Hispanic and black adults suffer from obesity, compared to 38 percent of whites and 13 percent of Asians.

These findings serve to highlight the continuing racial patterns in obesity trends within the last decade.

In terms of age groups, it seemed that higher obesity rates were correlated with older individuals. While just 14 percent of children aged two to five are obese, the percentage increases to 21 percent for teenagers, 36 percent for younger adults and 43 percent for middle-aged adults.

While there is no clear answer for what is driving America's obesity crisis, the high obesity rate should not come as a surprise. According to the CDC, 80 percent of American adults fail to meet the national physical activity recommendations.

In addition, 80 percent of American jobs require either light activity or no activity at all. This is a stark comparison to the labor market in the 1960s, when 50 percent of jobs required moderate to intense physical activity.

Physical inactivity is not the only suspect in the obesity problem, diet must also be considered. Americans today eat almost 20 percent more calories than they did in 1980.

When it comes to food quality, Americans are also consuming far more greasy, sugary foods than they have in the past. According to the World Health Organization, fast food sales have correlated with a rise in BMI over the course of the last two decades. Fast food currently makes up about 11 percent of the average American diet.

Public health researchers and clinicians fear that the increasing obesity rate will only come with higher incidences of diabetes and heart disease. According to Eduardo Sanchez, chief medical officer for the American Heart Association, Americans have made progress in the last couple years to reduce deaths caused by cardiovascular disease.

"Part of that is due to treatment. Part of that is due to the tremendous reduction in tobacco use," Sanchez said, according to *ScienceDaily*. "But we've worried if obesity trends stayed or worsened that some of those gains might be reduced."

Disease trasmitted by puppies infects people in 12 states

PUPPIES, *Page B7*

also lead to Guillain-Barré syndrome, a condition where the body attacks the nerves and causes paralysis, which takes weeks in intensive care to heal.

According to the CDC, about one in 1,000 reported cases of campylobacteriosis which leads to Guillain-Barré syndrome.

The first reported incident of the Petland outbreak of campylobacter was on Sept. 15, 2016, and the most recent incident occurred on Sept. 12, 2017.

The outbreak has caused 55 illnesses and 13 hospitalizations. It has spread to 12 states: Florida, Kansas, Maryland, Missouri, New Hampshire, New York, Ohio, Pennsylvania, Tennessee, Utah, Wisconsin and Wyoming.

Generally campylobacter cannot be spread through physical contact, but it can be spread through fecal or sexual contact. Of the 55 infected, 14 were Petland employees, 35 had direct contact with Petland puppies, four were exposed to puppies not directly from Petland, one had sexual contact with someone who had confirmed contact with Petland puppies and one was from an unknown source.

According to the CDC, this particular strain of campylobacter appears to be resistant to known medications.

"Clinical samples from people and puppies sickened in this outbreak appear to be resistant to commonly recommended, first-line antibiotics," the CDC said, in an outbreak advisory.

However, campylobacteriosis does not generally require antibiotic treatment. Usually within a week, the body can neutralize the campylobacter and the person is no longer infected.

In dogs, infection may make them act sluggish, not hungry, have diarrhea and exhibit abnormal breathing. However it is important to remember that although a person or animal may not exhibit symptoms, they can still transfer the disease.

"The CDC has not identified any failures of Petland's operating system that would lead to any campylobacter infection," Petland said in their own news release.

Petland has been able to provide anytrace-back information on puppies that the CDC has requested and have provided the CDC with access to stores, staff, veterinarians, and their pets. Petland also mentioned that they have hand sanitation stations in every store and strict procedures for general sanitation.

CC-BY-2.0/ DANIEL STOCKMAN
The CDC said it is unusual for campylobacteria to be spread by puppies.

In the aftermath of Petland's campylobacter outbreak, there has been a surge of criticism by anti-commercial breeding operation groups. They argue that these so-called "puppy mill" operations are inherently unsanitary and cruel to the animals.

More than 200 cities and counties have enacted laws that prohibit stores from selling puppies sourced from puppy mills. The American Society for the Prevention of Cruelty to Animals has called on states to protect their citizens and ban the use of commercial breeding operations.

Petland is now the only nationwide pet store that sells animals sourced from commercial breeding operations.

According to the CDC, although it is uncommon to see concentrated cases of campylobacteriosis, any dogs and puppies may carry campylobacter germs.

To prevent the spread of campylobacter, the CDC advises people to learn to recognize the signs and symptoms of campylobacteriosis. They also recommend that those in contact with dogs and puppies wash their hands well after handling pets and properly sanitize and dispose of vomit and fecal matter.

Field hockey earns fifth consecutive shutout

HOPKINSSPORTS.COM
Senior Francesca Cali, a defender, helped secure the win.

By BRANDON FIELDER
For *The News-Letter*

The Hopkins women's field hockey team continued their strong season this past weekend as the Jays defeated the Swarthmore College Garnet 4-0 to clinch a berth to the Centennial Conference Tournament for the first time since 2014.

Hopkins got off to a hot start at the 21:07 mark as junior midfielder Grace Hillman weaved around the circle and finished off a shot 10 yards out, going past the Garnet goalkeeper to put Hopkins up 1-0.

Barely 60 seconds later, senior forward Morgan Pothast doubled the Jays' lead, backhanding a shot from five yards out that found the back of the net, making it a two-goal game in the Blue Jays' favor.

Seven minutes later, the Jays capitalized on a penalty corner opportunity as freshman midfielder Seema Sajjan took the corner and got the ball to sophomore midfielder Katie McErlean, who ripped a shot at the goal.

McErlean's shot was stopped by Swarthmore's goalie, but freshman forward Valerie Henderson took the rebound off of the goalie's pads and launched a shot that found the mesh to put Hopkins ahead 3-0 going into halftime.

Riding their momentum from their strong first half, the Jays held the Garnet scoreless with a stout defensive performance. The defense had their second shutout of the week, as they held McDaniel 3-0 the previous Wednesday.

The Blue Jays capped off the game against the Garnet with a goal from sophomore midfielder Christina Glaser, who scored her first career goal. With just 50 seconds left in the matchup, Glaser took the rebound off of her first blocked shot and buried her second attempt past the Garnet goalie. As time ran out, the Jays finished with a 4-0 victory.

"It felt really good to finally put the ball in the back of the cage," Glaser said. "We hadn't scored yet in the second half, so it was great to get one more goal in before the game ended."

With the win, the Jays improve to 11-3 on the season and remain undefeated (7-0) in the Conference. Swarthmore fell to 7-7 on the season and 2-5 in the Conference.

The Jays' 11 wins are the most since the 2010 season, and the seven Conference victories are the most since 2011. The Jays sit atop the Centennial, tied with No. 13 Franklin & Marshall.

The strong defensive showing by Hopkins was led by senior defender Francesca Cali, who was named Centennial Conference Defensive Player of the Week in honor of her efforts.

Cali and the rest of the Jays surrendered just nine shots in the shutout victory against Swarthmore and again only nine shots in their Wednesday shutout victory against McDaniel.

This was the Jays' fifth consecutive shutout and their eighth shutout of the year, just one shy of the program record set back in 1989. This is the first weekly honor that Cali has received in her career as a Blue Jay, as well as the first of the season for the team.

The Hopkins goalies made the most of the few shots they saw, as senior Greta Helvie and sophomore Jodie Baris had a combined five saves between the tandem in the shutout effort.

"Our team mentality has been to view our season game by game, so we stay focused and excited to play every game with equal intensity," sophomore defensive player Sophie Kim said.

The Jays head to Collegeville, Pa. this weekend to take on Ursinus College.

Tenth-ranked W. Soccer secures spot in playoffs

By GREG MELICK
Sports Editor

The Hopkins women's soccer team continued their torrid pace with two more wins this past week, beating the McDaniel College Green Terror earlier on the road and then beating Centennial Conference rival, the Swarthmore College Garnet, on Saturday at home. The two wins guaranteed the Jays a spot in the Conference Tournament.

"We are looking to finish undefeated in Conference play and host the Conference Tournament," sophomore goalie Robyn Lipschultz said.

> "Come playoffs, consistency will be key to protecting our net and earning chances up top."
> — TONI ABATE
> JUNIOR DEFENDER

The Blue Jays' game against McDaniel was evenly matched for the first half of play, as the teams went back and forth, with McDaniel narrowly edging out the Jays in shots (5-4). Two big saves by Lipschultz held the Terror scoreless.

On the offensive side, freshman midfielder Jesse Cole scored her first collegiate goal from the top of the box with just under three minutes left in the first half.

The second half was not lacking of opportunities, however, as the Blue Jays managed to get nine shots in the half, though they were unable to put any of them home. On the other side, the defense only allowed four shots.

The win was made more impressive by the battle against the elements, as McDaniel's grass field was bogged down by the rain, making for a very different surface than the turf the Jays are accustomed to playing on at Homewood.

"We had to adapt to the field conditions of playing in the rain and on grass, which makes getting a good touch tricky," Lipschultz said.

Hopkins returned home Saturday for a game against the 23rd-ranked Garnet.

At the start of the game, Swarthmore earned an early penalty kick just 15 minutes in. Fortunately for the Jays, senior goalie Bess Kitzmiller made an outstanding kick save to keep the Garnet from getting the early lead.

The Jays then responded with a goal from sophomore midfielder Emily Maheras, who used some fancy footwork, threading the ball just inside the far post to put Hopkins up after 32 minutes of play.

Hopkins secured the win with a goal by senior forward Michelle Santangelo. The shutout was the 10th of the year for Hopkins.

"The defense plays best when we are all providing support and are on the same page. The defensive effort from forwards and midfielders really contributes to our performance as well," junior defender Toni Abate said.

That defensive effort from all the players on the field, along with an outstanding individual performance, resulted in Lipschultz being awarded the Centennial Conference Defensive Player of the Week. In five starts this year, Lipschultz has not allowed a single goal.

Going forward, Hopkins will continue to rely on their defense to win them games, and if they continue to play at this level, they have a very good chance of making a deep run in the playoffs.

"Come playoffs, consistency will be key to protecting our net and earning chances up top. We have done it already this season and are definitely capable of doing it again," Abate said.

In the most recent poll, Hopkins has moved up to 10th in the country. If they can finish out the season strong, they have a very real chance of not just hosting the Conference Tournament but the NCAA Tournament as well.

NBA superteams guarantee their players rings

David Glass
Sportpinion

LeBron James is more likely to lead his team to the NBA Finals (53 percent chance) than the average player is to make a shot (46 percent chance, as of last season). Let that sink in.

Out of his 13 years in the league, LeBron has made it to seven championships and six consecutively. Though he has done so in what is clearly the weaker of the two conferences, this accomplishment is quite impressive.

Some, however, argue that the feat's significance is diminished by the fact that LeBron has, for the most part, made it to the Finals with "superteams."

A franchise is considered to have a superteam if it is almost inarguably the favorite to win (or at least make it to) the Finals due to its well-respected roster. Generally, such teams will have three or more of the top players in the league, making it very difficult for other teams to compete with them.

The Cleveland Cavaliers and the Golden State Warriors are the two teams in the league that are most commonly placed into this stigmatized category. However, depending on how they play this season, the Oklahoma City Thunder and the Houston Rockets might also be assigned this label.

Each of the last three years, the Cavaliers and the Warriors have faced each other in the Finals. Aside from the main issue that each of these matchups were too predictable, there is another significant problem that was highlighted during this past off-season.

Realistically, the only way to defeat a superteam is to form one of your own. As a result, Paul George and Carmelo Anthony joined Russell Westbrook in Oklahoma City and Chris Paul joined James Harden in Houston.

The forming of superteams is draining the fun out of the NBA, and as of right now, nothing can be done to stop it. What's the point in watching if you already know the outcomes? Personally, I still watch as much as I used to because I love the game. However, I certainly do not fall in the majority.

It is easy to see why many basketball fans stop watching the NBA and start watching NCAA. Besides the fact that college basketball is faster-paced, NCAA provides a certain unpredictability, which naturally keeps fans more engaged.

Granted, the NCAA has the advantage in terms of avoiding superteams due to much higher player turnover for reasons ranging from graduation to leaving early to play professionally. Nonetheless, something must be done in the NBA to make it much more difficult to form a superteam and to have one last.

Former NBA stars have recently spoken out about the negative impacts superteams have on the league.

Michael Jordan, arguably the greatest player of all time, said in an interview with *Cigar Aficionado*, "I think it's going to hurt the overall aspect of the league from a competitive standpoint." He added, "You're going to have one or two teams that are going to be great, and another 28 teams that are going to be garbage."

Even though "garbage" is a relative term, meaning that those other 28 teams have no shot at winning the Finals, having only two championship contenders is something unique to the NBA, but not for the better. Hall-of-Famer and current NBA analyst Charles Barkley, who is not one to hold back, said in an interview with the *New York Times*, "The toughest thing for me is I have to get on TV and fake it for seven months that it's not going to be the Warriors and Cavs in the finals again."

It's a painful truth, but someone had to say it.

What's interesting to note is that the league has had superteams before, but they did not come with backlash.

From 1980 to 1988, the Los Angeles Lakers and the Boston Celtics won a combined eight out of nine championships, with the Lakers winning five and the Celtics winning three.

At one point, the Lakers had four future Hall-of-Famers: Magic Johnson, Kareem Abdul-Jabbar, James Worthy and Bob McAdoo. The Celtics also had four Hall-of-Famers of their own in Larry Bird, Kevin McHale, Robert Parish and Bill Walton.

Compared to today, the '80s presented a much stronger case of superteams running the league, considering that the Lakers-Celtics duo reigned for nine years, while the Cavaliers-Warriors duo has only been running the league for three years.

That rivalry of the '80s was one of the most exciting times in basketball history. What makes today's NBA so different?

Certainly, some of the difference can be attributed to the excitement of the Bird-Magic rivalry, which was incredibly more thrilling than the James-Curry rivalry, if we can even refer to it as such. However, the biggest difference lies in the loophole of today's definition of a superteam. The issue is not necessarily with the fact that such a dominant team exists; rather, it has to do with how the team formed.

Superteams have become the results of the NBA's best players chasing championships instead of "earning" them. Many top players are now choosing to go to the teams with which their chances of winning a ring are immediately maximized.

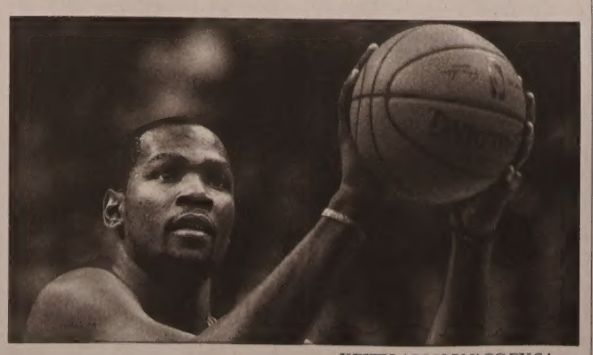
Relative to sticking with one team, developing that team and earning a ring, chasing rings is less respectable. Seeking loads of additional help to almost guarantee them a championship makes players look "soft."

The perfect example of this is Kevin Durant. The former Oklahoma City Thunder forward led his team at the time to a 3-1 lead in the 2016 Western Conference Finals over the Warriors. The Warriors ended up winning three straight to stun the Thunder and steal the series.

After that season, Durant decided to join the Warriors, the team that knocked him out the previous season.

This is something that never would have happened a few decades ago. Fans of the NBA at that time could not possibly fathom Larry Bird joining the Lakers following the Lakers defeating the Celtics in the Finals. But now Durant has his ring that he so desired, and he will likely receive a few more.

Clearly, Adam Silver has to take action soon, or else NBA fans can look forward to four more years of LeBron and Steph Curry switching off Larry O'Brien trophies.



KEITH ALLISON/ CC BY-SA 2.0
Kevin Durant left Oklahoma for the Golden State Warriors last season.

The AFC postseason still anyone's game for now

NFL, FROM B12

These issues were especially prominent in Denver's disconcerting loss to the lowly New York Giants on Sunday night. QB Trevor Siemian and the team's running backs have shown flashes of brilliance but have not been consistent.

The current state of the offense has the Broncos hovering around the playoff threshold. However, due to the aptitude of the defense, even an incremental offensive improvement will put Denver in position to contend for a second championship in three seasons.

Last but not least are the Oakland Raiders, who were a popular pick to reach Super Bowl LII after their strong campaign last season. They started out 2-0 this year but have since lost four consecutive games.

The offense, which looked unstoppable early on, has been held below 20 points in each game during the losing streak. This offensive incompetence is in large part due to Derek Carr's back injury, though. I expect the Raiders to pick things back up with a healthy Carr returning to the lineup.

Through last season, Carr was absolutely transcendent as the leader of the Oakland offense. If the fourth-year QB is able to play at the level that earned him a $125 million contract this summer, a trip to the Super Bowl will be much more feasible.

The AFC race is wide open, as no team has emerged as a clear-cut favorite. Whether this parity will continue into November and December remains to be seen, but suffice it to say that there will be plenty of intriguing storylines as the playoffs approach.

SPORTS

Water polo beats MIT with last-second save

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The Jays won their 17th D-III title, the most in the Championship's history.

WATER POLO, From B12

Freitas responded to the Jays' run with three straight goals of his own to put the Camels' deficit at six. Unfortunately for the Camels, their hope for a late-game comeback ended quickly as freshman driver Olin Shipstead and Schmidt responded with goals to improve the Jays' lead to eight.

After grabbing wins against both the Presidents and the Camels, the Hopkins program remains undefeated against both teams and holds records of 17-0 and 13-0 against the Presidents and the Camels, respectively.

After a night of recovery, the Blue Jays carried on to the CWPA Division III Championship game against the top-seeded host team, the MIT Engineers.

The Engineers proved themselves worthy opponents from the start, making three consecutive goals early in the first quarter to start off the match. Hopkins struck back with a goal of their own, as Murphy found the back of the net with a little over a minute left in the first.

Some late first-quarter scoring ensured it would be a competitive and exciting matchup. The Engineers made a late first-quarter goal, improving their lead to 4-1 with 15 seconds left in the first, but despite the Engineers' impressive late first-quarter goal, it was the Blue Jays who had the final say in the first. Ivanov scored with just two seconds left in the quarter, cutting the Engineers' lead by one.

Ivanov scored again to open the second, bringing the Jays' deficit to one. Although the Engineers responded with a goal of their own, sophomore Finn Banks and Murphy took no chances, scoring back-to-back goals for the Blue Jays in just 29 seconds and tying the score at five, which remained tied for the next five minutes of play.

Banks ended the stalemate with a man-up goal to give Hopkins their first lead in the game, while Ivanov continued to improve the Jays' lead, completing his hat trick with yet another goal.

After the Engineers came back with four consecutive goals, Ivanov responded for the Jays with a pair of goals.

It was ultimately the Engineers who took the lead at the end of the third quarter with a goal from attacker Luka Knezevic.

The Jays went up 11-10 in the final quarter with consecutive goals from Cico and Masi.

In an exciting late-game penalty shot for MIT, the Engineers' attacker Evan Kim had the opportunity to send the game to overtime. However, with only 13 seconds left in the game, senior goalie John Wilson grabbed the save, solidifying the match for Hopkins.

With just 13 seconds left on the clock, the Engineers could not battle back in time.

"We've made a strong case as the best D-III team in the country, and furthermore, we play in a conference where we are the only D-III team," Cico said. "So for us, our goals are set on making it to the national D-I Final Four."

With 17 titles, Hopkins holds the record for most CWPA Division III Eastern titles in the history of the Championship.

"This weekend went very well, but this is just one small checkmark for our season," Cico said. "Our most important goals are still ahead of us, and we have a long way to go before we're ready to accomplish them."

The Blue Jays continue their Mid-Atlantic Water Polo Conference play this Friday, traveling to Washington, D.C. to take on the George Washington Colonials. The game starts at 7 p.m. on Oct. 20 at the Charles E. Smith Center.

ATHLETE OF THE WEEK: ELIZABETH WUERSTLE — VOLLEYBALL

By GREG MELICK
Sports Editor

With a win over the then 17th-ranked Juniata College Eagles this past weekend, the Hopkins women's volleyball team broke the program record for the longest winning streak, which was set back in 2012.

The win was their 17th in a row, and with another win on Saturday against the Swarthmore College Garnet, the streak is alive at 18 consecutive wins.

In addition, the win over Swarthmore gave the Blue Jays a 17th consecutive Centennial Conference win, just one short of the program record set between October 2010 and October 2012.

In the record-setting victory, senior outside hitter Elizabeth Wuerstle led the team with 17 kills and contributed two aces.

Wuerstle currently leads the nation in aces per set with an average of 1.07. Wuerstle's killer serve was at its best earlier in the season, when she tied the Hopkins single-game record with 13 aces in one match against the Muhlenberg College Mules. She has led the team in both kills and service aces in all her years as a Blue Jay.

After a stellar 2016 campaign, Wuerstle was named a member of the North All-Region team and was an honorable mention for the All-American team. Not to mention, Wuerstle was also honored as the Centennial Conference Player of the Year.

After the weekend's games, Wuerstle discussed the team's historic season with *The News-Letter.*

The News-Letter: The team now has the record for most consecutive wins in program history. What has been a key factor contributing to the team's success so far this year?

Elizabeth Wuerstle: One thing this team does super well, which we have been building on since before my time here, is focusing on our growth more than our results.

I think we are stronger than ever in this category. This team has a great growth mindset, which we are still continuing to develop.

Our attention to improving our skills, mental toughness and leadership has really let us develop to a higher level. We are still looking to climb to the next level.

N-L: The game against Juniata was one of the biggest home games in the history of the program, with a fierce opponent and a program record on the line. How were you able to perform so well against them, despite all the pressure?

EW: We always focus on dialing in and playing our game, regardless of the opponent. It was great to get to play a match against a strong opponent at home on a Friday night.

There were so many external stimuli for that match, from the high-energy opponent to an awesome, roaring crowd. We improved significantly at taking in those stimuli and then letting them go and returning to our ideal performance state. It was a big day for our growth.

N-L: In addition to the historic program records the team has set, Hopkins is also ranked in the top-25 for the first time in program history. What has it been like having so much success and breaking so many records?

EW: We do a solid job of not getting too caught up in the numbers and rankings. Of course it is exciting, but we all realize that this is a marathon and that we are in it for the long term. We are not finished yet.

N-L: How have you managed to improve as an individual player over the past four years to now lead the country in aces per set?

EW: We have the best coaching staff in the country, true experts in volleyball and team. I wholeheartedly trust their knowledge and experience. We have a top-notch strength and conditioning program that has really contributed to our development as overall athletes. For me personally, an increased commitment and an increased love of the game have played particularly big roles.

N-L: What are the team's and your personal goals for the rest of the season?

EW: We plan to continue to pursue excellence in our process, commit even more and jump up to the next level in our game. We are working to bring more and more each day into the training gym, recognizing that there is no ceiling. This is a great team.

The volleyball team will look to continue their winning streak on Thursday, October 19 against the Stevenson University Mustangs. The Jays then look to tie the program record for longest winning streak in Conference on Saturday against the Ursinus College Bears.

VITAL STATISTICS

Name: Elizabeth Wuerstle
Year: Senior
Sport: Volleyball
Major: International Studies
Hometown: Kennett Square, Pa.
High School: Tower Hill School

HOPKINSSPORTS.COM
Outside hitter Elizabeth Wuerstle.

Cross Country finishes top 10 at Rowan Invite and Pre-Nationals

HOPKINSSPORTS.COM
Natalia LaSpada was named Centennial Cross Country Runner of the Week.

By EMILIE HOFFER
Sports Editor

The men's and women's cross country teams split up, sending some runners to the Pre-Nationals meet in Illinois, while others stayed closer to home for the Rowan Inter-Regional meet in New Jersey.

The 17th-ranked men and the first-ranked women got a small taste of what is to come at Nationals later this season at the Pre-Nationals meet this past weekend.

The Jays were introduced to the Principia Cross Country Course in Elsah, Ill., where the 2017 NCAA D-III Cross Country National Championships will be held on Nov. 18.

The men's team was led by senior Panth Patel, who has been pacing the Jays so far this season. Patel earned a top-20 finish in a tight race of 354 competitors. Taking 19th overall, Patel finished the 8K course in a time of 25:35.

"The strategy was to get out hard in the first 200 meters and then stick together for the first 5K before moving up and picking off teams," Patel said. "All the guys did a great job getting out hard before packing up."

The Blue Jays managed to put two other runners in the top 50: junior classmates Scott Pourshalchi and Ollie Hickson crossed the line under six seconds apart in 34th and 42nd place, respectively.

Rounding out the top five for the Jays were two freshmen, Jakob Pollack and Patrick Dye, who have made a big impact for Hopkins in their first collegiate seasons.

"We have a great group of freshmen who are crushing it and really helping push the team this season," Patel said.

Dye, who finished out the scoring for the Jays, crossed the line in 26:26, earning him 81st place.

Impressively, all top five Blue Jays who scored finished within 51 seconds of each other, which was good enough for an eighth-place team finish in a field of 38 teams, including six teams nationally ranked in the top-10 and 19 teams ranked in the top 35.

Tuning up for the start of their postseason, the Blue Jays had the opportunity to race some of the teams they will most likely toe the line with in Principia this coming November.

With a team total of 237 points, the Blue Jays managed to finish ahead of 10th-ranked Calvin College, 15th-ranked Wartburg College and 13th-ranked University of Wisconsin-Eau Claire. However, they were edged out by ninth-ranked Christopher Newport University, who finished in seventh with a team score of 224 points.

Meanwhile, the rest of the men's team competed in New Jersey at the Rowan Inter-Regional meet, where the Jays were led to an eighth-place finish by sophomore Alex Glavin, who crossed the line in 24th-place. Hopkins finished just behind their Centennial rival, the Dickinson College Red Devils, despite half the team being at the Pre-Nats meet.

"Our goals this season are to learn from our races, stick to the race plan and trust that we will be ready when nationals roll around," Patel said. "We are continuing to follow the training plan that [Coach] Bobby has laid out, as he knows what has been successful for the program in the past."

At number 17, the Blue Jays remain ranked in the top 20 for the eighth straight week. However, they have fallen considerably from their program-best third-place ranking earlier this season.

On the other hand, the top-ranked women, to no one's surprise, dominated the Pre-Nats meet. The Blue Jays took the team title, competing against 36 D-III teams with a team-total 74 points.

Leading the Jays was junior Ellie Clawson, who was neck-and-neck with Wartburg's Ashlyn Bagge. Clawson managed to outrun Bagge by almost five full seconds, taking third place overall and completing the 6K course in 21:36.

Finishing within 15 seconds of Clawson were junior Tasha Freed, freshman Therese Olshanski and senior Caroline Smith, finishing in sixth, ninth and 11th, respectively.

Despite taking first, the Pre-Nats meet was not all smooth sailing for the Blue Jays, who were given a scare from a close second-place team, MIT, who finished in second only two points behind Hopkins. However, it is the Jays' signature pack-running strategy that gave them their edge.

The Blue Jays' fifth runner, junior Shaina Palmer, crossed the finish line in 46th place to secure the two-point victory over the third-ranked MIT Engineers. Hopkins also took the victory over second-ranked Washington University (Miss.) and fourth-ranked SUNY Geneseo.

Adding to the Blue Jays' successful showing at the Pre-Nationals meet, the women also took second place at the Rowan Inter-Regional meet out of a field that included 27 teams. Junior Natalia LaSpada took the individual title by completing the 6K race in front of all 238 other runners.

LaSpada completed the 6K course in a personal-best time by four full seconds, crossing the line in 21:11. On Monday, LaSpada was named the Centennial Conference Women's Cross Country Athlete of the Week.

Following LaSpada for the Blue Jays were sophomores Lauren Jacob and Allison Rosen, who finished in 14th and 24th, respectively. Beating out the Jays for the team title were the Otterbein University Cardinals, who finished with 98 points, 10 points ahead of the Jays.

Both the men and the women have a bit of downtime before heading into their first race of the championship season. On Oct. 29, the Blue Jays will head to Gettysburg College for the Centennial Conference Championships.

The women will try to defend their Conference title for the 10th straight year, while the men will try for their first team title since 2013.

SPORTS

DID YOU KNOW?

Sophomore volleyball player Louisa Kishton, junior runner Natalia LaSpada, senior field hockey player Francesca Cali and sophomore women's soccer player Robyn Lipschultz were all named this week's Centennial Conference Players of the Week.

CALENDAR

Friday
Swimming @ Navy: 4 p.m.
Football vs. Gettysburg: 7 p.m.

Saturday
Volleyball @ Ursinus: 1 p.m.
M. Soccer @ Ursinus: 3 p.m.

Water polo defeats MIT for D-III Championship

By ESTHER HONG
Sports Editor

After competing in the Harvard Invitational last Friday, the Hopkins water polo team traveled straight to Cambridge, Mass. on Saturday for the Collegiate Water Polo Association (CWPA) Division III Eastern Championship at MIT.

Facing both the Washington & Jefferson College Presidents and the Connecticut College Camels in pool play, the Blue Jays cruised through both victories with the scores of 13-3 and 15-8, respectively.

Next, the Jays advanced to the CWPA Division III Eastern championship game, taking on host team, the MIT Engineers, in a thrilling 11-10 victory.

Junior utility player Giorgio Cico discussed the weekend, emphasizing the Jays' brutal schedule.

"All things considered, the best part of the weekend was seeing the team overcome the exhaustion and not make excuses or give up when we were tired against some very good teams," he said.

Initially facing off against the Presidents, Hopkins was hot from the start, entering the pool with a five-goal run in the first six minutes of play. Freshman utility player Oscar Goodell scored two of the first five goals for the Jays. Meanwhile, the defense held the Presidents scoreless until the second quarter.

When the Presidents did find the net, the Blue Jays did not resort to complacency. They responded to the Presidents with yet another five-goal run, each goal made by a different player. With five minutes left in the third quarter, Hopkins led by an impressive score of 10-1.

A few minutes later, the Presidents earned their second goal of the game with three minutes left in the third.

At the top of the fourth quarter, the Blue Jays' offensive authority continued. Freshman attacker John Murphy, freshman driver Stephen Schmidt and senior utility player Jono Gillette scored within the first two minutes of the quarter.

With a little over five minutes remaining in the game, the Presidents made one last ditch effort to stay competitive against the Jays. Washington & Lee driver Ian Geister tallied a goal for the team, but it was already too late for a comeback. The final score was 13-3 in favor of the Jays.

The Blue Jays quickly returned to the pool for their next game against the Connecticut Camels. For the first eight minutes of play, the teams exchanged goals, with Hopkins taking the 4-3 lead at the end of the first quarter. Two of the four first-quarter goals were back-to-back goals from freshman driver Nico Ivanov. Ivanov's efforts throughout the tournament were not lost on his teammates.

"Nico [Ivanov] carried us," Cico said. "As a freshman with five goals and a ton of fantastic plays, we couldn't have won the Championship without his efforts."

Ivanov continued to give the Jays momentum beyond the first quarter, completing his hat trick just 39 seconds into the second.

Gillette and junior attacker Ryan Masi each followed up with a goal of their own, giving the Jays a four-goal lead at the end of the half. While the Camels started off the second half with a single goal, the Jays answered with three straight from Ivanov, Cico and Gillette.

Hopkins sought a strong finish in the fourth quarter as senior driver Connor Johnson, Murphy and Schmidt all contributed goals at the beginning of the fourth.

A tinge of hope came for the Camels when sophomore Arturo

SEE WATER POLO, B11

HOPKINSSPORTS.COM

Junior attacker Ryan Masi scored the final goal of the Championship game.

Field hockey earns Conference Tournament berth

HOPKINSSPORTS.COM

After a 4-0 victory against Centennial Conference opponent Swarthmore College, the Hopkins field hockey team now sits at first in the Conference, tied with the 13th-ranked Franklin & Marshall Diplomats, and has earned a spot in the Centennial Conference playoffs. The Jays remain undefeated in the Centennial with seven victories, the most the program has seen since the 2011 season. B10

INSIDE

XC sees postseason preview at Pre-Nats

The women's and men's cross country teams split up this past weekend to compete in both the Pre-Nationals meet in Illinois and the Rowan Inter-Regional meet in New Jersey. PAGE B11

Athlete of the Week: Elizabeth Wuerstle

After a record-breaking weekend, the Jays extend their winning streak to 18 games, with senior outside hitter Elizabeth Wuerstle leading the campaign with the most aces per set in the nation. PAGE B11

W. Soccer secures playoff spot

Last weekend, Hopkins defeated two Conference opponents, the Swarthmore Garnet and the McDaniel Green Terror, increasing their chances of hosting the Conference Tournament. PAGE B10

INSIDE

Playoff predictions for American Football Conference

Daniel Landy
DanLand

To say that the NFL season has not gone as expected through the first month and a half would be a major understatement.

There are very few certainties thus far in either conference, other than the fact that the Cleveland Browns are their usual pitiful selves and that the Atlanta Falcons still know how to blow a huge second-half lead: It was one thing when it was at the hands of Tom Brady, but Jay Cutler, really?

Through six weeks, this is the most wide-open playoff race that the NFL has seen in years. And it is not because a lot of teams are playing an elite level of football but rather because nearly the whole League is caught in a sea of mediocrity.

Many teams have underperformed due to the injury epidemic that has ravaged the League, while others have simply not lived up to expectations. This week, let's examine the American Football Conference (AFC) and discuss which teams have a chance to break free from the rest of the pack and make a deep playoff run.

We begin in the AFC East, which has been surprisingly competent this season from top to bottom. The division's four teams are separated by only one game, and the New York Jets have the best record of any last-place team in football.

Of the four teams, though, the New England Patriots are the only team capable of reaching the Super Bowl, and they still have a lot of work to do. A 4-2 record is not impressive for a team that some believed could run the table heading into the season.

The team's glaring weakness is its defense, which has been absolutely atrocious through six games. The unit is extremely talented, and it returns most of the starters from last year's championship team.

> **Through six weeks, this is the most wide-open playoff race that the NFL has seen in years.**

However, for some reason, it has not been able to click. The Patriots — who have played in seven Super Bowls since 2002 — can never be counted out as long as Bill Belichick and Tom Brady are in the picture, but they will have to make some serious mid-season adjustments in order to have an opportunity to defend their title.

In the AFC North, the Pittsburgh Steelers lead the way in what has so far been the Division's worst year in recent memory. The Browns are the Browns, and the Cincinnati Bengals and Baltimore Ravens have been incredibly inconsistent.

The Steelers boosted their resume with a win over the Kansas City Chiefs on Sunday, but losses to the Chicago Bears and Jacksonville Jaguars have cast serious doubts about this team's legitimacy as a contender. Additionally, Ben Roethlisberger's sudden drop in performance has considerably hindered Pittsburgh's highly-touted offense.

The Steelers' win over Kansas was certainly a step in the right direction, but if Roethlisberger is unable to get back to the level that he has played at throughout his illustrious career, the Steelers will not make it very far come January.

The AFC South race is pretty muddled, with Jacksonville, along with the Houston Texans and Tennessee Titans, all in the mix. Of the three teams, I see the Texans as the only team capable of making noise in the playoffs.

The Texans' loss of J. J. Watt is devastating, and his presence is irreplaceable. However, even without Watt, the defense still has enough pieces to be considered one of the most complete units in the League.

On offense, Deshaun Watson has looked great and will only continue to improve as he gains experience and matures. Plenty of other players have contributed to the offense's success, but it is Watson whose performance will take this team to the next level.

A quarterback is the one critical element that Houston has lacked for years, but with a proven winner in Watson at the helm, they finally have a chance to get over the hump and enter serious title conversation.

The AFC West may be the most interesting division in football right now. The Chiefs looked like the best team in football until the Steelers stopped them in their tracks last week. Now, the doubts begin to surface.

On offense, I still do not trust Alex Smith as a Super Bowl-caliber quarterback. Meanwhile on defense, the loss of Eric Berry to an Achilles injury is a major blow to an elite secondary.

Despite these concerns, the Chiefs show promise. Most notably, rookie Kareem Hunt is a difference-maker in this League and has been a major spark for the Kansas City offense. Alongside Hunt, Travis Kelce has been performing well all season and has been arguably the best tight end in the League.

There is no question that the Chiefs are equipped to play meaningful football come January. Despite their 5-1 record though, I am not quite ready to pronounce them the AFC's best team.

Next up are the Denver Broncos, who already proved two seasons ago that a strong defensive unit could lead them to a Lombardi Trophy. While the Broncos still boast a formidable defense, this team's question marks on offense may be too great to overcome.

SEE NFL, B10